TORONTO'S VITAL SIGNS

Toronto metro

Your essential daily news | TUESDAY, OCTOBER 6, 2015 | High 20°C/Low 10°C Cloudy

'Come together' to fix inequality PAGE 5

TALL PEOPLE HAVE MORE SEX
metroLIFE

JOE OLIVER: Skipped a Metro debate

JOE DANIEL: Wouldn't talk to media

ROYAL GALIPEAU: Replaced by empty chair

JOYCE BATEMAN: Rubber chicken took her place

ALL PHOTOS THE CANADIAN PRESS

# You call this democracy?

TORONTO'S TIGHTEST RACES

## The Tories have turned into the silent minority — and it works

Luke Simcoe
Metro | Toronto

Michael Woods
Metro | Ottawa

If you're feeling ignored by the Conservatives, Toronto, you're not alone.

Conservative Party candidates have been conspicuously absent from debates in the city during the election, mirroring a national trend.

Conservative Finance Minister Joe Oliver was scheduled for a Monday debate at Metro's Toronto office but backed out, citing a Jewish holiday. Instead, he agreed to a phone interview.

Rogers TV has been hosting all-candidate debates in every Toronto riding. Conservative candidates have been no-shows in many cases, including those vying for the ridings of Don Valley North, Thornhill, Scarborough Southwest and Davenport.

A Conservative party spokeswoman said there's no party strategy on debate attendance. Meagan Murdoch also emailed a list of several Liberal and NDP candidates who missed all-candidates meetings or debates, including NDP candidate Olivia Chow skipping a Sept. 14 debate in her riding.

Survey the country and you'll find more stories about Tory absences from such debates than from other parties.

But in August, the Toronto Star, citing a Conservative insider, reported that Tory candidates have been advised to avoid all-candidates meetings during the campaign.

Organizers of all-candidates debates sometimes don't take kindly to being snubbed. In Orléans, Ont., the National Association of Federal Retirees left an empty chair on stage to represent Conservative incumbent Royal Galipeau when he did not attend.

In Winnipeg South Centre, Conservative incumbent Joyce Bateman skipped a debate last week and was replaced by a rubber chicken.

Not only are they missing debates, at least some, including candidate Joe Daniel, have outright said they won't speak to the media before election night.

Skipping some debates is a risk-management strategy on the Tories' part, said former Conservative strategist Tim Powers, vice-chairman of Summa Strategies, which is not working on the current campaign.

The calculation: it's better to take the heat for not showing up than participate and make a mistake that becomes a distraction.

"Debates can be places where inexperienced politicians get themselves in trouble, or experienced politicians — thinking there isn't as much attention — reach too far and find themselves having to clean up messes."

All-candidates debates also aren't necessarily the best way to win over undecided voters — often, crowd members are simply there to cheer on a particular candidate.

"I think (the Tories) do take the view that people who show up at these debates already have their minds made up," Powers said. "I think they look and say the aggregation value of the debates versus the time spent out doing direct contact is not comparable."

It isn't just the debate itself that takes time; it's all the necessary preparation for candidates. For first-time candidates, it can take a while.

"You don't want to go in there and make a mistake, so that means you need to do your homework," Powers said. "When you're doing that prep work, you're not connecting with voters."

Political-science professor Caroline Andrew, director of the University of Ottawa's Centre on Governance, said that whether it helps or hurts the candidate depends on how much publicity is devoted to their absence. It also depends on the riding.

"I think it may be harmful to some local candidates and not at all to others," she said.

"It's a calculated strategy that they're going to get into less trouble by not being there.... Their idea is that people who don't support them don't support them, and if they can get their message out to their supporters directly, that's a better strategy."

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'I think we're at a tipping point in our history'
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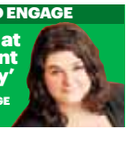

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metro NEWS
Your essential daily news

NASA taps U.S. Navy's research for Mars mission. **World**

# It's Toronto vs. Dallas

With the Blue Jays set to take on the Texas Rangers this Thursday, we thought we'd see how Toronto and Dallas compare. To be fair, the Rangers — like the Dallas Cowboys — play out of nearby Arlington, Texas. But Arlington is a Mississauga-like suburb of a city (no offence), so we decided to measure up the big boys.

## PROFESSIONAL SPORTS TITLES

When it comes to sports, there's no denying that Toronto is a city of losers. Putting aside the Argonauts, the last major Toronto sports team to achieve championship glory was the 1993 Blue Jays.

Dallas teams, however, are swimming in titles. The NBA's Dallas Mavericks were 2011 champions. The NHL's Dallas Stars nicked the Stanley Cup in 1999. The NFL's Dallas Cowboys, meanwhile, clinched the Super Bowl in 1992, 1993 and 1995. Despite World Series appearances in 2010 and 2011, the Rangers have yet to win the pennant.

## MAYORS

They're both 61-years-old and veteran big business execs: Mayor John Tory, meet Dallas Mayor Mike Rawlings.

Rawlings, a former Pizza Hut and ad agency CEO with ties to the Democratic Party, assumed office in 2011 and clinched a second term this year on a platform that focused on revitalizing the city's southern end.

Tory stepped into the Toronto mayor's office in 2014. A former Rogers Cable CEO and CFL commissioner with a long list of past political failures, his successful 2014 campaign focused on improving the city's transportation woes.

**Standing at 533 metres, the CN Tower is nearly double the height of Dallas' tallest building.** ISTOCK

## CELEBRITIES

Dallas and Toronto have both spawned international celebrities, with our city producing cutting-edge musicians and a host of funnymen while Dallas has reared a crop of actors and rockers.

Chart-toppers Drake and The Weeknd hail from Toronto, and so does house music stalwart Deadmau5. If you're after a laugh, the likes of Jim Carrey, John Candy and Will Arnett were all raised in and around the city.

Actor Owen Wilson and his brother Luke hail from Dallas, as does young heartthrob Nick Jonas. When it comes to music, Dallas rocked the '80s and '90s hard: Vanilla Ice, Stevie Ray Vaughan, Meat Loaf and Erykah Badu all hail from the city.

## TV SHOWS

Running from 1978 to 1991, then revived between 2012 and 2014, Dallas was a prime-time soap opera that focused on the fortunes and follies of a filthy rich oil and cattle-ranching family. Another favourite from the city is Walker, Texas Ranger, which starred martial arts wizard Chuck Norris as no-nonsense cop Cordell Walker.

By contrast, Toronto has been the setting of a string of often poorly produced and snore-inducing shows. One exception and one of our longest-running TV series is the Degrassi franchise, which has documented the trials and tribulations of Toronto teenagers since its inception in 1979.

## MURDERS

The Jays will be heading to Texas to catch balls — let's hope they don't catch any bullets as well.

While crime rates are falling in Dallas, there were still 143 murders in the city in 2013. At 11.4 murders per 100,000 people, that's more than double the national murder rate.

In Toronto, there were 57 murders that same year, giving the city 1.34 homicides per 100,000 people. That means you're 8.5 times more likely to get killed in Dallas than Toronto. Yikes.

## POPULATION

With a population hovering around 2.8 million, Toronto is the fourth largest city in North America.

With over 1.2 million people, Dallas sits at number 18 on the continent.

The clunkily named Dallas–Fort Worth–Arlington, TX Metropolitan Statistical Area, however, is home to some 6.4 million souls.

The population of the Greater Toronto Area sits at just over 6 million. In terms of metropolitan areas, Dallas ranks fifth in the continent while Toronto ranks eighth.

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# New film explores 'forgotten' people

FIRST NATIONS

## Communities struggling with mental health, addiction issues

Gilbert Ngabo
Metro | Toronto

**Mae Katt, the nurse who's been running a mobile drug treatment program in northern Ontario territories.** CONTRIBUTED

A new film is shedding light on the mental plight of aboriginal people in Ontario's northern territories.

The 50-minute long documentary, In This Heaven, is an attempt at exploring the drug addiction challenges people face in Marten Falls and Neskantaga, two fly-in communities. It's screening at Toronto's Centre for Addiction and Mental Health Tuesday evening.

Filmmaker Candida Paltiel documented the efforts of Mae Katt, a pioneering First Nation nurse practitioner, as she operated a mobile drug treatment program in the remotest communities. The project made Paltiel realize the opioid addiction for these communities are unique.

"You have 50,000 people living in third-world conditions. This shouldn't be happening in Canada," she said. Lack of access to basic needs such as clean water, healthcare and food, makes many become dependent on drugs, she said.

Nearly 80 per cent of the population in the remote underserved First Nation communities in northern Ontario is addicted to opioids, according to CAMH.

But widespread drug addiction doesn't just happen, said Katt, the nurse at the centre stage of the film. To her, it's as if these people seem to have been "forgotten."

"They have been going through a suicide crisis for the 25 years, and there's very little investment for suicide prevention in their communities," she said.

Up until 2014, about 480 youth suicide cases have been documented in those communities, she said. The root of their drug addictions goes back to the levels of trauma they experienced as a result of loss of family and friends, she said.

CAMH's aboriginal engagement and outreach program is looking to discuss issues around mental wellness and how to best address existing barriers to healthcare. It already has introduced a tele-psychiatry in an effort to provide counselling to some of the remote communities, said Renee Linklater, the program director.

At the Tuesday event, a panel discussion after the documentary screening will include Ontario regional chief Isidore Day, and advisor to the Matawa chiefs tribal council Bob Rae, among other panellists.

**The restaurant's new owners want to distance themselves from the previous owners' reputation.** JESSICA SMITH CROSS/METRO

# Grilled cheese eatery reopens

Jessica Smith Cross
Metro | Toronto

Denizens of Kensington Market can eat gourmet grilled cheese again, guilt-free.

New owners have taken over The Grilled Cheese on Nassau Street, renaming it OM Grilled Cheese. The same orange sign that's always been outside the den of cheese remains, now with a banner proudly announcing to the world that new people are in charge.

It's an important note for chef and restaurant co-owner Mark Andrade, because the last owner of the Grilled Cheese restaurant has been accused of withholding pay from his employees and, allegedly, threatening them.

"We were encouraged to put the sign up because we had a lot of people coming in to ask us if we had anything to do with the previous owner, so we wanted to distance ourselves," he said.

Andrade and business partner Oscar Cabrera took over the lease and re-opened the restaurant two weeks ago. They want to make it very clear: They don't know the previous owner and they pay their employees.

"They have bills, they count on you as much as you count on them," he said.

None of the employees who used to work there have applied to work for him, he said.

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## CRASH

**Boy, 10, dies of injuries from 20-vehicle wreck**

A 10-year-old boy has died from injuries sustained during a 20-vehicle crash on Highway 401 in Whitby Friday night that killed three others, including his brother.

The Ontario Provincial Police were called to the scene of a massive collision in the westbound lanes, east of Lake Ridge Road at 10:30 p.m. Friday involving 20 vehicles, including three transport trucks.

Three people, a 12-year-old boy in one vehicle and a man and woman in another, were pronounced dead on scene. Sixteen others were taken to hospital, five with critical injuries.

The 10-year-old boy, the brother of the 12-year-old, died in hospital Sunday.

Police have not released the names of the deceased. The OPP are still investigating the crash and anyone with information is asked to call the Whitby OPP detachment at 905-668-3388.

TORSTAR NEWS SERVICE

# 'We need to come together'

VITAL SIGNS REPORT

## Foundation president says many factors cause inequality

Toronto's much-vaunted status as one of the world's "most livable" cities masks the reality that a sizable underclass of people is missing out on the benefits of life in the Big Smoke, according to a new report on the social and economic standing of the city.

Published Tuesday by the Toronto Foundation, the Vital Signs 2015 report surveyed recent data from Statistics Canada, academic research and other sources to analyze the quality of life in the city, based on factors such as access to transit, affordable housing, well-paying and stable jobs, sense of belonging and health.

"We're becoming a divided city," said Rahul Bhardwaj, Toronto Foundation president.

"If we need to move forward and maintain our livability, we've got to become one place; we need to think in an integrated fashion about how we move this city forward around issues like transit, affordable housing, youth unemployment, child poverty.

"It's only been 17 years since amalgamation," he said. "We need to come together."

**Derek George is among the 124 homeless men who will be forced onto the street once the Salvation Army's Hope Shelter closes down in April 2016.** COLIN MCCONNELL/TORSTAR NEWS SERVICE

The report notes how the presence of middle-income residents has eroded across much of the city, contributing to an ever-wider gap between the rich and the poor.

Over the past 25 years, incomes for the poorest 10 per cent of city neighbourhoods have gone up by 2 per cent, while the richest 10 per cent have seen their wealth balloon by 80 per cent, the report says. Moreover, in 1990, 68 per cent of census areas in Toronto were defined as middle income — in 2012, that number had shrunk to 32 per cent.

The report also states that while 20,000 new jobs were created last year, the proportion of people with "precarious work" has jumped. Temporary employment went up by 17 per cent from 2011 to 2014, and less than half of workers in the GTA and Hamilton have permanent, full-time jobs with benefits.

At the same time, youth unemployment among workers aged 15 to 24 rose from 18.1 per cent to 21.65 per cent in 2014, and average housing prices in the city have tripled since the 1970s.

"We see some of the unintended consequences of this," Bhardwaj said. "Eighty thousand families on the waiting list for affordable housing; a million visits to the food bank (in 2014)."

Bhardwaj noted that the report isn't entirely bleak. Violent crime has dropped for the ninth year in a row, and the city is also considered to be "greening."

But even so, Bhardwaj emphasized that the report highlights some glaring challenges that face Toronto and its environs. TORSTAR NEWS SERVICE

**$7,639.29**

**A typical family in Toronto spent $7,639.29 on food in 2012.**

**1.5M**

**About 1,500,000 people in the GTA earned less than $21/hour in 2013.**

**73%**

**About 73 per cent of Torontonians believe that determination and hard work are no guarantee of success in the city.**

**14**

**Toronto ranks 14th among global cities with the most people whose net assets top $30 million.**


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METROTALKS

TORONTO'S TIGHTEST RACES

# T.O.'s three-way battle

Eglinton-Lawrence is one of the rare ridings where all three major parties are a factor. Recent polls show incumbent Conservative Finance Minister Joe Oliver trailing a few points behind Liberal standard-bearer Marco Mendicino. The NDP are a distant third, but Tom Mulcair has said his party wouldn't have parachuted Andrew Thomson — former finance minister for the provincial NDP in Saskatchewan — into the riding if he didn't think he could win.
Metro invited all three candidates to its Toronto office to debate the issues that matter in Eglinton-Lawrence. All three parties accepted, but Oliver backed out days before it was scheduled to take place. As a result, Metro spoke with each candidate over the phone.
Here's what they had to say:

THE CANADIAN PRESS

LIZ BEDDALL/METRO

**Luke Simcoe**
Metro | Toronto

A long-time investment banker, Joe Oliver was first elected in 2011, seizing the riding of Eglinton-Lawrence from Liberal Joe Volpe.

In March 2014, Oliver was picked to succeed Jim Flaherty as the country's finance minister.

It's a rare feat to unseat such a high-profile politician during an election, but recent polls show Oliver may be vulnerable.

## 'Joe-where'

Oliver has been criticized for keeping a low profile during the election.

He's cancelled two speeches in Toronto — three if you include Metro's planned debate Monday — and was unavailable in September after Statistics Canada announced the country was officially in recession.

The NDP's Andrew Thomson has referred to Oliver as "Joe-where," while Liberal Marco Mendicino has accused him of being absent in the riding.

Oliver was adamant that he's been door-knocking in the riding, saying he does about three canvasses a day. He's also attended two recent all-candidates debates in the riding.

"There's criticism that I'm not around on the economy because I'm at home, and then they're saying I'm not here in the riding," he said. "It's nonsense."

## Women

Oliver made headlines in August after cancelling a speech at the men's-only Cambridge Club in Toronto.

Liberal candidate Chrystia Freeland showed up unannounced in his place and criticized the finance minister's choice of venue.

"There was nothing inappropriate about my planning to speak there," Oliver told Metro on Monday. "But because of the Liberal reaction, it turned into a distraction in the campaign."

Oliver acknowledged women in Canada still face issues like a lack of equal pay and said the Conservatives would work to eradicate any "artificial barriers" faced by women in the workplace.

"One of the reasons Canada has the economic growth that it's had is that we have a better female participation in our workforce than a number of other countries," he said.

## Toronto

While his party has had a rocky relationship with Toronto, Oliver isn't afraid to acknowledge the city's importance to the Canadian economy.

"Toronto's role in the economy is an important one," he said, noting the GTA is responsible for 18 per cent of national GDP.

Oliver said the Conservatives' work on the Trans-Pacific Partnership, a massive free-trade deal signed Monday, will "open up markets" for consumers and businesses in Toronto. He cited Canada Goose, an apparel manufacturer headquartered in his riding, as an example of a successful Canadian export business that will benefit from the TPP.

The minister also touted the Conservatives' $2.6-billion pledge for Mayor John Tory's SmartTrack transit plan, saying the new line will help knowledge workers living in the city find jobs in the outer suburbs.

"It's going to improve public transport in the city and the suburbs and reduce congestion on the Yonge-University line," he said. "And without federal support, it wouldn't happen."

**Jessica Smith Cross**
Metro | Toronto

In Eglinton-Lawrence's battle of the finance ministers, Andrew Thomson is representing the left.

Thomson, Saskatchewan's finance minister in 2006 and 2007, is the NDP candidate in a riding that has never gone orange.

He's "optimistic" about unseating the Conservative incumbent and beating the Liberals, who have taken the lead in recent riding polls.

## Economy

On the doorstep, Thomson said, he's been doing a lot of talking about the NDP's economic policy.

When he was a finance minister in Saskatchewan, the province benefitted from a boom in resource wealth.

But that isn't the case in Canada today, and an NDP government would focus on bringing Ontario jobs back in its "traditional engines of growth, around manufacturing, automotive, the entire supply chain that Toronto has always been a key component of," he said.

## Toronto

The NDP has been calling Toronto "the most important city in Canada."

Thomson says that's true in a strict economic sense — by its share of the GDP and sheer number of jobs — but it's also true of the role Toronto plays in the country's "social fabric."

"The multiculturalism that we have here really in many ways captures Canadian values today," he said.

## Women

Thomson said it's "unfathomable" that women have unequal incomes compared to those of men.

The country must make sure women have better access to higher-paying jobs and that women are provided the supports necessary to make sure they succeed, he said.

The NDP's universal child-care plan will help, he said, by giving more options to women who are "squeezed" between wanting to work but being unable to afford child care.

"What we want to provide is more accessible child-care spaces, which will allow younger women to re-enter the workforce more quickly," he said. "I think that's a really important social policy but also an economic policy that will help provide growth and prosperity for working families."

## Riding

Whether he wins or not, Thomson said it's important that there's a strong progressive candidate on the ballot — something that hasn't always happened in Eglinton-Lawrence.

"What I'm hearing at the doorstep is people are really glad that the NDP is putting up a fight," he said.

**The multiculturalism that we have here really in many ways captures Canadian values today.**

**ANDREW THOMPSON**

**METRO EXPLAINS:** Eglinton-Lawrence

## THE RIDING:

**The boundaries of Eglinton-Lawrence escaped unscathed during the 2012 federal riding redistribution.**

**The riding still stretches from Yonge Street in the east to Caledonia Road in the west and from Highway 401 in the north to Eglinton Avenue in the south.**

**Prior to Oliver's election in 2011, Eglinton-Lawrence had been a Liberal stronghold, siding with the Grits in every contest dating back to 1979.**

**In the lead-up to the election, the riding was home to a high-profile nomination race for the Liberals, with Mendicino edging out floor-crossing Conservative Eve Adams for the nod.** LUKE SIMCOE/METRO

## KEY FACTS

**With an average household income of nearly $67,000, Eglinton-Lawrence is one of the wealthiest ridings in Toronto.**

**21.6 per cent of Eglinton-Lawrence residents identify as Jewish, the second-highest figure of any Ontario riding.**

**At a recent debate sponsored by B'nai Brith Canada, the candidates were grilled about their stance on Israel and their foreign-policy approach to Iran.** LUKE SIMCOE/METRO

CONTRIBUTED

Marco Mendicino was a relative unknown — at least in political circles — when he edged out Conservative floor-crosser Eve Adams for the Liberal nomination in Eglinton-Lawrence this summer.

However, he's an accomplished lawyer with a decade of experience as a federal prosecutor, most notably acting for the Crown during the Toronto 18 trial.

## Terrorism

Mendicino knows a lot about terrorism. He was, after all, one of the federal prosecutors assigned to the landmark Toronto 18 trial, which led to the first ever conviction under Canada's post-9/11 terror laws.

Members of the Toronto 18 were thrust into the election spotlight last week after the Conservatives used new laws to revoke their citizenship.

Even though he helped put them behind bars, stripping the convicted of their passports doesn't sit well with Mendicino.

"Mr. Harper should not be deciding who gets to be a citizen in the middle of an election," he said. "It's the worst kind of us-and-them politics."

**Mr. Harper should not be deciding who gets to be a citizen in the middle of an election.**

**MARCO MENDICINO**

Despite his expertise on the topic, Mendicino actually prefers not to talk terror on the campaign trail.

"I don't agree terrorism is the defining issue in this election," he said. "The only time I hear about it is when the Conservatives are trying to distract and obfuscate from their terrible record on the economy."

## Economy

Economic issues, Mendicino says, are top of mind for constituents in Eglinton-Lawrence.

"People are skeptical about the balanced budget and austerity lines they're hearing from the Conservatives and the NDP," he said.

The Liberals have pledged to run a budget deficit for three years in order to fund $60 billion in infrastructure spending on files like housing and transit.

The latter is "music to the ears of people living in Eglinton-Lawrence," Mendicino said.

"We're situated right in the heart of the 416, so we get pressure from the 401, pressure from the downtown commute and pressure from Allen Road," he said. "Our commutes are too long."

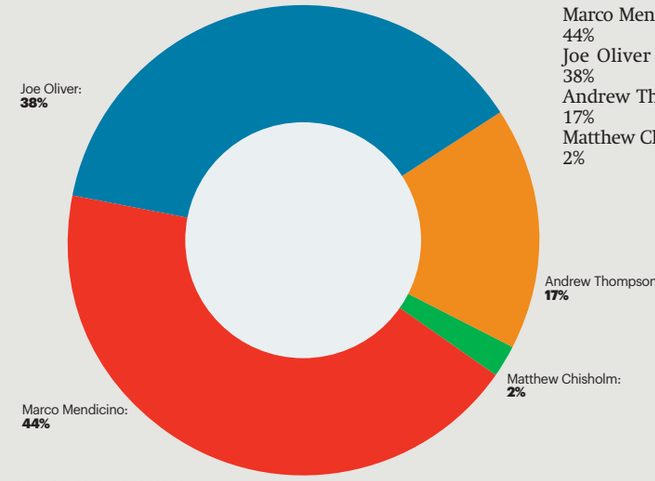
## Crime

The former federal prosecutor lambasted the reigning Conservatives for "talking tough" on crime while simultaneously cutting public services like the RCMP.

"There are general declines in crime across the country, but in Eglinton-Lawrence there's a high degree of break-and-enters," he said. "I don't hear my opponents talking about that, but if we were supporting law enforcement instead of making cuts, we might be able to prevent some of those crimes."

LUKE SIMCOE/METRO

## THE RACE: If the election were held today




Marco Mendicino (Liberals) 44%
Joe Oliver (Conservative) 38%
Andrew Thompson (NDP) 17%
Matthew Chisholm (Green) 2%

SOURCE: FORUM RESEARCH

## Blue Jays Break

In politics, as in baseball, the good guys don't always win, everyone strikes out sometimes and angry fans of your opponents will call you dirty names.

Recognizing those similarities, Metro asked the candidates in Eglinton-Lawrence a metaphorical question: What position on the Blue Jays are you best equipped to play, and why?

**Joe Oliver**

"Josh Donaldson is the best third baseman in the league. I'd like that position, but I don't think they're going to be recruiting me any time soon. I don't predict where the markets are going, or what interest rates are going to do, but I'm going to predict that the Jays will win the World Series."

**Andrew Thomson**

Thomson said he would be a pitcher, for sure. Why? "Because you require steely resolve and focus," he said.

**Marco Mendicino**

Another candidate ready to take the mound — but specifically to pitch relief.

"I think I work hardest when the stakes are high, and I know the stakes are high for the people in my riding," he said.

"Go, Jays, go!"

JESSICA SMITH CROSS/METRO

**Josh Donaldson**

KATHY WILLENS/THE ASSOCIATED PRESS

# READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

# Youth hold 'lot more power' to tip the scales

ROSEMARY WESTWOOD
in Halifax

Sasha Sears is in a dilemma.

Her riding, Halifax, features an NDP incumbent, Megan Leslie, who "has done a really great job of being super integrated into the community. They're about the people; that's how I feel about the NDP."

But nationally, it's Justin Trudeau who seems the most compelling. He's "young, he has a young family, he's talking about really progressive issues, like legalizing marijuana, that a younger demographic gets and understands and feels is relevant to our life nowadays."

Sears still views the NDP as tied to the interests of unions, which she says don't have much relevance to her life.

"The party hasn't really had an opportunity to prove themselves," she adds. "They're still finding their footing." And while the NDP is appealing to many young people, she's not sure if its young candidates have the experience to be successful if elected.

So, should Sears vote for a local candidate she likes or an appealing federal platform?

So far, even though she's a traditional Liberal voter, she's unsure. But she won't be voting Conservative: "I just have no time for that party whatsoever."

Sears, 30, works for a business-development organization in Halifax. She helps young people build professional networks to find meaningful work, and so she has a front-row seat to watch university graduates try — and struggle — to get a good job.

"What are the parties planning on doing to help youth in particular?" she asks. "(The) youth unemployment rate is double the national average. The cost of post-secondary education is through the roof for Nova Scotia," she says. "Just being saddled with so much debt and not having the promise of a bright future is something I'm worried about and my vote will reflect."

Sears also recently bought her first house while still paying off student loans herself. So the Green party's promise to relieve student debt is enticing. But there's a but.

"It sounds almost too good to be true," she says. "I'm a little skeptical. It's wonderful they want to do that and promote that as one of their platform promises, but when it comes down to action around it, what does that look like? How is that going to happen? How are universities going to function if there's no tuition?"

Sears hasn't felt inundated by political messaging ("As a millennial, I don't have cable in my home, I don't see the attack ads") — but she is concerned that her compatriots aren't getting the message that they need to vote.

"I think we're at a tipping point in our history based on our previous leader and the party in power and what is to come," she says.

"I just really feel this election holds great importance. I think we have a lot more power than people think we do. If we were to all go out and vote, it would really change the political landscape."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Winnipeg tomorrow.

**VOTER PROFILE**

**Name:** Sasha Sears **Age:** 30 **Riding:** Halifax
**Her issues:** Youth employment and tuition reform

# Mock election makes the abstract real for teenagers

**STUDENT VOTE**

## Program aims to inspire political awareness

Haley Ryan
Metro | Halifax

When Keshav Paliwal votes for a federal candidate next week, it won't count — and he couldn't be happier about it.

Paliwal, organizer of Prince Andrew High School's Student Vote event — one of more than 7,300 mock elections being held across Canada before the official count Oct. 19 — said now is the time to get teens thinking about politics.

"I can't vote until January when I'm 18, but if we engage ourselves now and we engage our peers before they can vote, chances are, over time, once they can … they will," Paliwal, 17, said Monday.

As part of the Student Vote program run by the non-partisan Civix group, the Dartmouth, N.S., school will see all four federal candidates in its riding pitch their platforms to students before taking questions. Also appearing: provincial MLAs, Halifax Mayor Mike Savage — and musician Joel Plaskett, for extra attention.

Students will then drop ballots off in a mock vote, the results of which are often "very close" to election day, said political-science teacher Tim Halman.

"For many people, politics is something that happens on television and it's something that's abstract," Halman said.

"It's going to go from the abstract to the real."

According to Elections Canada, only 39 per cent of the 18- to 24-year-old demographic voted in the last election, and the National Youth Survey Report showed "not interested in voting" came in as the biggest reason (28 per cent).

The survey said someone's likelihood of voting "increases with higher levels of knowledge and interest in politics" and that civic education, as well as talking with family and friends, can increase "the motivation to vote."

"If you don't understand something, you're not going to interact with it; you tend to ignore it," Halman said.

NDP candidate Robert Chisholm said it's important for him to attend to emphasize voting as a responsibility.

"It's important for them to hear from people that are either engaged in the process or in some way leaders," Chisholm said.

**From left: students Keshav Paliwal, Robyn Laing and Matthew LeBlanc, all 17, pose with ballot boxes in Prince Andrew High School on Monday.** HALEY RYAN/METRO

"Maybe something will connect, something will instil a sense of desire for more knowledge."

According to Apathy is Boring, a non-partisan group aimed at youth, those who don't vote in the first two elections in which they're eligible are less likely to vote through their lives.

Robyn Laing and Matthew LeBlanc, who will also be on stage hosting the Student Vote event next Tuesday with Paliwal, said they hope the message of engagement means more coming from them.

"If a teacher gets up, it just sounds like another class," LeBlanc said as Paliwal nodded.

Paliwal said he's hoping to hear questions on federal issues such as the Syrian refugee crisis, environment and economy.

"A democracy is only as strong as the people that are engaged in it," Paliwal said.

"If people are aware … then the government's going to be making the choices we want made, and that's what it's about — it's about us."

**563,000**
**Number of ballots cast in the 2011 Student Vote**

Laing said that before Halman asked her to help with the project, she had never thought about politics or knew what the prime minister did.

"I tried to get my mom involved because she isn't into politics at all, so I got her voting," Laing said with a smile.

"She's like, 'What are you talking about?' and I'm like, 'Just sit there and listen so I can have someone to talk to about it.' It's interesting."

**"I'd like to be involved in who's making the decisions for Canada.**
Robyn Laing

**"We have to show that we want things to be about us.**
Keshav Paliwal

# ‘Historic day’ for Harper

ELECTION 2015

## TPP trade deal announcement elicits scrutiny from rivals

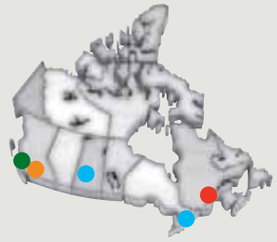
Stephen Harper’s blockbuster trade deal upstaged Justin Trudeau’s students and the stage and screen stars backstopping Tom Mulcair on Monday as the three main parties began their two-week sprint to the ballot box.

Mulcair, the NDP leader, had a stage full of television, music and film personalities — it even included a performance by the folk duo Whitehorse — all lined up for his announcement about helping artists.

Trudeau was all set to unveil a high-gloss campaign platform, a popular Liberal strategy, in front of a crowd of earnest university students eager to cheer his plan of expanded grants and easier loan-repayment terms.

But the Pacific Rim depth charge known as the Trans-Pacific Partnership blew them both out of the water.

### WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Whitby, Ont., and Saskatoon, Sask.
- **Justin Trudeau** will be in Montreal.
- **Tom Mulcair** will be in Surrey, B.C.
- **Elizabeth May** will be in Vancouver.

“Today is a historic day,” a prime ministerial Harper beamed during a news conference in Ottawa as he described the deal as nothing short of “the largest economic partnership in the history of the world.”

Not everyone is enamoured with the deal, held up by Harper as a model for future 21st-century trade agreements. Mulcair is committed to tearing it to pieces.

“I will not be bound by Stephen Harper’s secret deals,” he said.

A New Democrat government would provide $60 million over four years to Telefilm Canada and the National Film Board and loosen rules to secure grants from the Canada Council for the Arts, Mulcair promised instead.

Trudeau, unveiling the Liberal platform at Wilfrid Laurier University in Waterloo, parked his vote on the TPP until all the details are clear.

The federal government has offered no guarantees but expressed optimism the 12 countries involved might make them available before voting day in two weeks. THE CANADIAN PRESS

SEE PAGE 11 FOR MORE ON THE DEAL

**Conservative Leader Stephen Harper upstaged the other party leaders on Monday with what he claims to be ‘the largest economic partnership in the history of the world.’**
NATHAN DENETTE/THE CANADIAN PRESS

NIQAB RULING

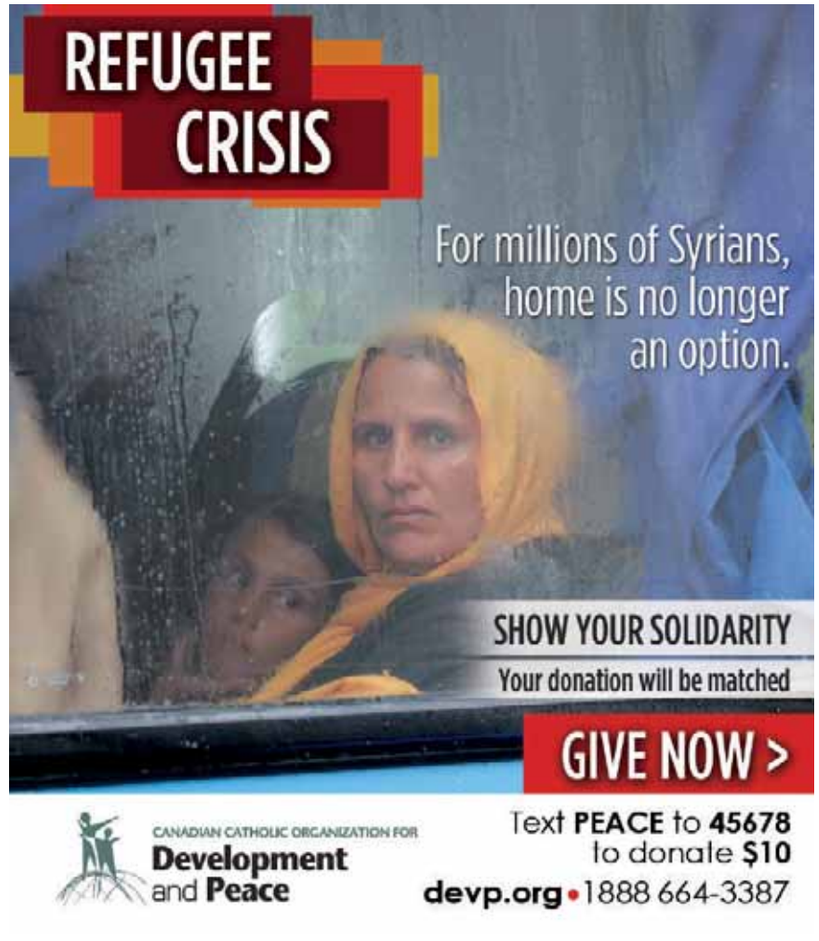
## Feds lose appeal for stay

A new court ruling means a devout Muslim woman who chooses to cover her face now has a chance to become a Canadian and vote in the Oct. 19 federal election.

The Federal Court of Appeal on Monday rejected a government request to put a recent decision in favour of Zunera Ishaq on hold while Ottawa seeks a hearing in the Supreme Court of Canada.

Appeal Justice Johanne Trudel dismissed the government’s application for a stay of a Sept. 15 decision that affirmed the unlawfulness of a federal rule prohibiting a niqab at a citizenship ceremony.

Ishaq, 29, came to Ontario from Pakistan in 2008. She refused to take part in a citizenship ceremony because she would have to show her face due to a December 2011 policy requiring candidates who wear full or partial face coverings to remove them during recitation of the oath. THE CANADIAN PRESS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# Nobel in their effort

MEDICINE PRIZE

## Three win for fight against parasite-borne illnesses

The Nobel prize in medicine went Monday to three scientists hailed as "heroes in the truest sense of the word" for saving millions of lives with the creation of the world's leading malaria-fighting drug and another that has nearly wiped out two devastating tropical diseases.

Tu Youyou — the first-ever Chinese medicine laureate — turned to ancient texts to produce artemesinin, a drug that is now the top treatment for malaria. Inspired by traditional Chinese medicine, Tu discovered while working on a project for the Chinese military during the Cultural Revolution that a compound from the wormwood plant was highly effective against the malaria parasite.

She will share the eight-million Swedish kronor (about $960,000 US) award with Japanese microbiologist Satoshi Omura and William Campbell, an Irish-born U.S. scientist.

**Jan Andersson, Juleen Zierath and Hans Forssberg of the Karolinska Institute Nobel committee, talk to media in Stockholm on Monday.** FREDRIK SANDBERG/TT VIA THE ASSOCIATED PRESS

Omura and Campbell created the drug avermectin, whose derivatives have nearly rid the planet of river blindness and lymphatic filarisis, diseases caused by parasitic worms and spread by mosquitos and flies.

In Stockholm, the Nobel committee said the winners, who are all in their 80s and made their breakthroughs in the 1970s and '80s, had given humankind powerful tools: "The consequences in terms of improved human health and reduced suffering are immeasurable."

The medicine award was the first Nobel Prize announced. Winners of the physics, chemistry and peace prizes are set to be announced later this week. The economics prize will be announced next Monday. No date has been set yet for the literature prize. THE ASSOCIATED PRESS

SPACE MISSIONS

## NASA looks to Navy for tips on isolation

As NASA contemplates a manned voyage to Mars and the effects missions deeper into space could have on astronauts, it's tapping research from another outfit with experience sending people to the deep: the U.S. Navy submarine force.

The space agency is working with a military laboratory at the submarine base in Groton, Conn., to measure how teams cope with stress during month-long simulations of space flight.

Often isolated for long stretches, astronauts and submariners face many of the same challenges.

"We have a shared interest with the Navy in team resilience," said Brandon Vessey, a scientist with NASA's human research program. "When you stick people together for a long period of time, how are they going to do?"

The Navy research that piqued NASA's interest started about five years ago when the Groton-based Naval Submarine Medical Research Laboratory, at the request of the submarine force, began examining ways to make tactical teams work together better.

> **"You can't just call back to Earth for advice."**
> Former submarine commander Ronald Steed

Through observation of submarine crews, the Navy scientists developed a way to evaluate how teams are performing. The study singled out important team practices including dialogue, critical thinking and decision-making and developed a way to assess how teams respond to setbacks. The research was made available more than a year ago to submarines' commanding officers but it has not yet been institutionalized by the Navy.

The experiment with NASA is expected to begin in January or February. The space agency is taking a bigger interest in human-behaviour issues as it pursues the capability to send humans to an asteroid by 2025 and to Mars in the 2030s. THE ASSOCIATED PRESS

ADVERTISING FEATURE

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In today's challenging economic climate, change is constant. Businesses are forever expanding, reorganizing, and downsizing. Frequently those who experience the most change are the employees of those businesses. At times change can be good for an employee and may mean a promotion, salary increase, or more responsibility. But often it is not. As an employment lawyer, I regularly speak with employees who must deal with a demotion, pay reduction, transfer to a faraway location, or some other form of fundamental change to their job. When faced with such changes, employees often feel that they have no choice but to accept the change. That is completely wrong. An employee faced with a significant change to the terms of employment may be entitled to resign and demand their full severance.

**CONSTRUCTIVE DISMISSAL**

A constructive dismissal happens when you choose not to accept a fundamental change to the terms of your employment. Frequently, individuals believe that if they make a decision to leave their employment then they are not entitled to severance or that the decision would somehow impact the amount of severance they are owed. This is incorrect. If you leave your job because the change your employer has mandated is too substantial then you have been wrongfully dismissed and are entitled to full compensation. A common example of constructive dismissal I encounter would be an employer requiring an individual to work on a different shift. Often such changes impact childcare, religious, or other important obligations. If the changes required are not possible or cause substantial hardships then the employee has been terminated and is owed severance. This is despite the fact that the employer has not formally dismissed that person. Too often I speak with individuals who have been relocated, demoted, laid off, or forced to take a pay reduction and feel that they must accept that change required by their employer. This is completely false. You have a right to a fair and stable work environment and are not required to accept any changes which have a substantial impact on your personal or work life.

**"POISIONED" WORK ENVIRONMENT**

In the same way you do not have to accept changes that impact your personal life, you should also not accept a requirement to remain in a workplace where you are facing discrimination or a 'poisoned' work environment. Too frequently, individuals feel trapped working alongside others who harass or otherwise make them feel uncomfortable at work. If your employer is unable to correct the situation it is your right to refuse employment. Discrimination, harassment, or loss of dignity should not be accepted in the workplace and can lead to constructive dismissal and the requirement to pay the employee compensation.

**CONSTRUCTIVELY DISMISSED?**

Common indicators that you have been constructively dismissed include:

- Reduction or elimination of compensation such as salary, bonuses, commissions, benefits, or pension entitlements.
- You have been temporarily laid off from your current position.
- You have been transferred to another territory or geographic location.
- You have been demoted, had your responsibilities reduced, or have been placed in a substantially different position.
- You are required to work in a 'poisoned' environment.

If you are unsure whether you have to accept a change to your employment, I encourage you to contact me and have the proposed change assessed. If you are terminated for not accepting a substantial change to your employment then you have been wrongfully dismissed and are owed severance. In either case use the Severance Calculator to see how much you are owed (www.SeverancePayCalculator.com) and do not hesitate to call or e-mail me.

**Lior Samfiru** is an employment lawyer and senior partner at Samfiru Tumarkin LLP. He is the host of the *'Employment Hour'* heard Wednesdays, Saturdays and Sundays on Talk Radio AM640.

**Calculate the severance you are owed at www.severancepaycalculator.com**

## IN BRIEF

**Twitter rehires spurned co-founder as CEO**

Twitter is embracing Jack Dorsey as its CEO in hopes that its once-spurned co-founder can hatch a plan to expand the short-messaging service's audience and end nearly a decade of financial losses. The hiring revealed Monday ends Twitter's three-month search for a new leader. It marks Dorsey's second stint as CEO since he helped start the company more than nine years ago with Evan Williams, Biz Stone and Noah Glass.
THE ASSOCIATED PRESS

**American Apparel files for bankruptcy protection**

American Apparel is filing for Chapter 11 bankruptcy protection, almost two years after it ousted founder Dov Charney, who is suing the company for defamation. American Apparel has lost money every year since 2010 as competition from fast-fashion retailers increased. THE ASSOCIATED PRESS

## market minute

**DOLLAR** 76.41¢ (+0.45¢)

**TSX** 13,552.20 (+212.46)

**OIL** $46.26 US (+72¢)

**GOLD** $1,137 US (+$1)

**NATURAL GAS:** $2.450 US (-0.1¢)
**DOW JONES:** 16,776.43 (+304.06)

# Biggest trade zone awaits

TRANS-PACIFIC PARTNERSHIP

## Tentative deal reached after marathon negotiations

Twelve nations, including Canada, have reached a tentative deal on a massive Pacific Rim trading bloc billed as the largest-ever deal of its kind, with implications for a staggering scope of industries, workers and for long-term international relations between countries on four continents.

After five days of marathon, around-the-clock negotiations, a deal was announced Monday to create the Trans-Pacific Partnership, and participants predicted it would become the building block for future trade deals.

**Who's in it?** Brunei, Chile, New Zealand and Singapore started the project years ago. The United States, Canada, Mexico, Japan, Vietnam, Australia, Peru and Malaysia are now joining, bringing the membership to 12 countries. More have expressed interest in entering later, including Colombia, Thailand and South Korea.

**How big is it?** It's the biggest trade zone in the world, spanning four continents and representing 40 per cent of the world's economy — a far higher share than the European Union.

**What does it do?** It reduces or eliminates barriers on a staggering array of Canadian exports to several countries, most notably Japan. This applies to everything from machines to canola, beef and pork, minerals, forestry products and seafood. It allows up to 3.25 per cent more foreign dairy into Canada. It allows more foreign car parts into North America without tariffs. It also creates new rules for the digital economy, such as restricting governments' right to shut off data flows.

**Perrin Beatty, president and CEO of the Canadian Chamber of Commerce, speaks about the Pacific Rim trading bloc pact at a news conference in Ottawa.** ADRIAN WYLD/THE CANADIAN PRESS

**Why does it matter?** This brings the economies of a fast-developing region into the American sphere of influence. It sets new trade standards in China's backyard. It sets precedents for future agreements, including any involving China and its state-owned-enterprises. It increases trade and establishes unique rules for the 21st-century, cloud-computing digital economy.

**Is it a done deal?** No. It still needs to be ratified in national parliaments, including Canada's, once the federal election is over.
THE CANADIAN PRESS

AIR FRANCE LAYOFFS

## Managers flee angry workers

Union activists protesting nearly 3,000 proposed layoffs at Air France stormed the headquarters during a meeting in Paris on Monday, zeroing in on two managers who had their shirts torn from their bodies, scaled a fence and fled under police protection.

Road access to Charles de Gaulle airport in Paris was briefly disrupted, and some flights suffered delays.

Although Monday's scuffle was unusually violent, labour relations in France are commonly testy, with unions sometimes even resorting to holding managers hostage — or "boss-napping" — to make a point.

Air France denounced the violence and said it will push ahead anyway with its restructuring plans after failing to reach an agreement with pilots.

Alexandre de Juniac, the CEO of Air France-KLM, said the company is being squeezed by low-cost airlines in Europe and Gulf carriers for long-haul flights. Monday's meeting was intended to detail the cuts.

Airline executives told reporters Monday the plan involves laying off 2,900 staff and abolishing five routes and 35 weekly long-haul flights, primarily in Asia and the Middle East.

Among those at Monday's protest was Yves Porte, an activist who represents cargo workers. "The Gulf companies, who have low fuel prices and who receive government subsidies, compete with us. It's impossible; we are not on a level playing field," he said.
THE ASSOCIATED PRESS

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RICK MERCER REPORT
#rickmercerreport
TONIGHT Rick kicks off a new season by taking part in the Get Out the Vote rally at St. Francis Xavier University in Antigonish, Nova Scotia.
NEW SEASON BEGINS
TONIGHT 8
8:30 NT

Wildlife like deer and boar in the no-go zone near Chernobyl are doing better now than before the 1986 disaster. Agriculture, hunting and forestry, researchers say, are worse for animals than radiation.

## EMMA TEITEL: ON ELECTION TALK AT THE TABLE

# Perhaps Canadians are more inclined to talk politics where they normally wouldn't ... because it's suddenly dawned on them that the only constant in their lives besides bad weather is Stephen Harper.

Elite Singles — a dating website that sounds like it was designed specifically for Stephen Harper's top staffers — recently tried to determine whether it's taboo to discuss politics on a first date.

In order to do this, the website conducted a survey of 500 single people of different nationalities from around the world. The result was 65 per cent said they'd "be happy to discuss politics on a first date." But more than any other nationality surveyed, Canadians were the least resistant to the idea. According to the study, "not one Canadian single thought political chat should be off the table" on a first date.

This result is refreshing for two reasons. The first is that it helps dispel the popular myth that we are a rigidly non-confrontational people; Canadians might be unfailingly polite, but politeness does not equal timidity in the face of conflict. The second is that it might suggest our nation's bent towards political apathy — especially among youth — is changing. And it's about time it did.

The Conservatives have been in office for nine years, which, no matter a government's political leaning or record, is an uncomfortably long time. Harper won his first term in 2006, the year Hannah Montana began airing on the Disney Channel, and he won again, most recently, in 2011, the year Hannah Montana was cancelled (its leading lady, Miley Cyrus, having embarked on a perilous quest to find herself). In other words, our prime minister has been around so long, he has served through every stage of Cyrus' metamorphosis, from Disney princess to briefly engaged romcom actress to (most recently) gyrating dreadlocked weirdo.

**Canadians might be unfailingly polite, but politeness does not equal timidity in the face of conflict.**

Perhaps Canadians are more inclined to talk politics where they normally wouldn't, not because they're more civic-minded than other nationalities but because it has suddenly dawned on them that the only constant in their lives besides bad weather is Stephen Harper. It's unnerving when the world around you changes but the guy in charge doesn't.

Harper was never popular with non-Conservatives or young people, who tend to reject conservative values no matter who is spouting them. But he wasn't always markedly hated the way he is now. Anecdotally, I have seen my Facebook newsfeed go from a mostly apolitical forum — cat videos, party invitations, recaps of Breaking Bad — to a stridently partisan and dogmatic one. Friends I know who couldn't tell the difference between Michael Ignatieff and Jack Layton in 2011 are now posting daily tributes to Thomas Mulcair in the lead-up to the federal election.

**CHANGING TUNE** The mood is different this election, and engagement is greater — for proof, look no further than the rise in earnest protest songs by bands like Hey Rosetta!, which people seem to be taking seriously, writes Emma Teitel.

ARTHUR MOLA /THE ASSOCIATED PRESS

The mood is different this time around, and there is no stronger proof, I would argue, of newfound Canadian political fervour than the recent uptick in painfully earnest protest songs. In September, Canadian country-rock band Blue Rodeo released Stealin' All My Dreams, a staunchly anti-Harper song about, among other things, the government's record on the environment: "Your pipeline will spill its disease/you shut down all the research libraries/and you muzzled all the white coats in your laboratories/then you set your sites on the CBC." And this week Canadian indie bands Hey Rosetta! and Yukon Blonde released the considerably more mellow anti-Harper ditty, Land You Love: "When I was a child/I sang the anthem with pride/it stood for justice, peace and human rights/ It stood for the holy rolling hills and a home for all walks of life/and I must again, for my children, and theirs."

As far as traditional protest songs go, neither one is The Times They Are A-Changin,' but the songs' popularity (both of them trended on social media alongside news about Selena Gomez, NFL football and Kim Kardashian) indicates they weren't composed in vain. Nor were they the subject of widespread mockery and derision, as so many things are these days.

It seems in addition to politics at the first-date dinner table, we might have developed an appetite for political earnestness, too. The question is: have we developed an appetite for voting? In 2011, less than 40 per cent of eligible 18- to 24-year-olds voted in the federal election, a pretty dismal turnout, even compared to the unexceptional overall average of 61 percent.

So while we may talk — or sing — up a storm over dinner, the word is still out on who will be serving in the prime minister's office during the next unsettling phase of Miley Cyrus' inevitable metamorphosis.

**Emma Teitel** is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

## metroview

# You can work, pay taxes and drive a car at 16. Why not vote?

**Miriam Porter**
For Metro

Elections Canada is sorry they missed me. I came home to a brochure in my door saying that as a Canadian citizen at least 18 years old on election day, I am eligible to vote.

But my son, reading over my shoulder, asks longingly, "Can I vote yet?" He often tells me who he would vote (and not vote) for and why, based on issues we discuss. He's passionate and he knows his stuff. He's nine.

Democracy is a government by the people. Does this mean you are only a person if you are over 18? There are children in Canada who would love to be heard and cast a ballot on Oct. 19. Some even know more about the election and the candidates than adults. But if you are under 18, your voice doesn't count. This should change.

No, I am not suggesting toddlers holding sippy cups mark their ballots on election day with bright chunky crayons. Let's take baby steps and start by lowering the voting age to 16.

In our home and native land, if you are 16 you can drive a car. Driving is a huge responsibility that requires patience, confidence, intelligence, skill, studying and preparation. Sixteen-year-olds get behind the wheel of 4,000 pounds of metal to drive on our city streets. We are next to them daily as pedestrians and drivers and we trust their judgments. Yet they can't decide who will be prime minister.

**Some children know more about the election and candidates than adults.**

Know what else you can do at 16? You can work at a job for money and pay taxes to the government.

What? You mean these working kids are paying into the very institution they do not have a say in? Does that sound right to you? When I was 12, I worked at a library and paid taxes. But my voice didn't count for another six years.

By not listening, and not taking them seriously, adults in power are oppressing children. Children under 18 are told they must follow certain rules. They are told what to do, how to do it and when it should be done. The education system is a perfect example of this.

But children have a voice too, and you may be surprised at what they have to say. We as adults can be their allies and listen to them.

There are issues in this upcoming election that affect all citizens, not just those over 18. Perhaps it's time to consider what young people want, especially in matters that directly affect their lives. Then we will have a more democratic society.

**Miriam Porter** is a Toronto-based writer who covers travel, parenting and social justice. She tweets at @MiriamRiverP.

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**PHILOSOPHER CAT**
**by Jason Logan**

# THE ANNUAL SNAPSHOT ON OUR CITY'S QUALITY OF LIFE

A SPECIAL REPORT PRESENTED BY

TORONTO FOUNDATION
The Art of Wise Giving™

TO

TORONTO'S **VitalSigns®**
2015 Report

# ONE PLACE, ONE PEACE: IN IT TOGETHER

Photo: Michael Salem

For Toronto, this was a record-breaking year.

We hosted the Pan Am/Parapan Am Games, a spectacular series of events around the GTHA and beyond. The Games were a big win for Canada: our athletes won 385 medals. And a big win for Toronto, too: a civic "aha!" moment when we realized what we can achieve together.

The Games also helped us see our city through others' eyes. Visitors and international media gave us top marks for our quality of life. Toronto's green spaces got the nod and our concerts and museums, galleries and festivals won ovations.

And last year, we smashed tourism records. Toronto is also a beacon for immigrants — just over half of us are foreign-born. All of this international attention adds up: Toronto's economy continues to grow and, for the seventh year running, The Economist has declared Toronto as the fourth most liveable city in the world.

Yet, almost 20 years after amalgamation, Toronto remains tenaciously divided. The gap between the richest and the rest is the second largest in Canada, and after 25 years of steady growth, income inequality in our city is increasing at twice the national average. We're becoming more polarized geographically, too, as shown by debates on the Gardiner, "carding", and subway-versus-LRT.

How do we transcend these divisions and move forward?

By wholeheartedly rejecting the divided city and embracing a new vision. By seeing ourselves as a city where 140 diverse neighbourhoods pull together.

We must become "One place."

"One place" is a new way of thinking, working, and living together. As "One place" we will devise city-wide solutions to city-wide problems. Like traffic, affordable housing, and health. As "One place" we will deliver a more effective response to those most at risk. Like seniors, young people, and the working poor.

How will we know when Toronto is getting it right? When "One place" leads to "One peace." When we have peace of mind because our youth feel optimistic about the future, because we can make a good life for our families, and we can age with dignity.

In fact, Toronto is already getting it right in many ways. With the 2015 Games, people came together to do something good for the entire city and the physical and social legacies will endure long after this summer.

Toronto is uniquely positioned to build the inclusive and sustainable city of the future. A model for cities everywhere.

And who will build the "One place" that will offer "One peace"? People like you.

From this day forward, you are the "One."

John Barford
Chair, Board of Directors

Rahul K. Bhardwaj
President & CEO

Toronto's Vital Signs® Report 2015 is available on Toronto Foundation's website: www.torontofoundation.ca

## The Report

Established in 1981, Toronto Foundation is one of 191 Community Foundations in Canada. We are a leading independent charitable foundation dedicated to connecting philanthropy to community needs and opportunities.

Our annual Toronto's Vital Signs® Report provides essential information and inspiration for philanthropists at the Foundation and other stakeholders across sectors working to improve the quality of life of our city. The Vital Signs model is now replicated in 75 communities around the world.

We hope this Report will help you better understand your city and what role you might play in making Toronto the best it can be. To find out more about us please visit www.torontofoundation.ca. And to access the full Toronto's Vital Signs® Report with citations, go to www.torontosvitalsigns.ca. Special thanks to George Brown College, our Lead Research Partner, and the many other individuals, organizations, and institutions that contribute to the Report.

**Join the conversation:**

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# THE ANNUAL
# ON OUR CITY'S

## YOUR GUIDE FOR DISCUSSION AND ACTION

As you read through this Report, consider the Vital Questions posed throughout. We have lots to be proud of, but there are also things we need to think about in order to shift some troubling trends.

*Ask yourself:* • What issues do you care about? • What data surprises you? • How can I get involved to make a difference?

*Visit the Community Knowledge Centre: www.ckc.torontofoundation.ca – showcasing more than 260 profiles of made-in-Toronto solutions addressing issues highlighted in this Report.*

TORONTO FOUNDATION
The Art of Wise Giving™

TO

## DEMOGRAPHICS

The city of Toronto (or "Toronto") has **a population of 2,808,507*.**
More than half **(51%)** of Toronto residents were born outside of Canada.

The Toronto Region (or "Region") has **a population of 6,055,724*.**
Almost half the population of the Toronto Region resides in the city of Toronto.

Greater Toronto Area (or "GTA") has **a population of 6,546,519**.**
Almost **1 in 5** (18.1%) Canadians live in the GTA.

Our population continues to age.
Toronto Region's proportion of **seniors increased 24.8%** between 2001 and 2014. The number of seniors will grow from 1 in 7 Canadians now to about **1 in 4** by 2036.

*Population figures are post-census estimates.
**Projections predict a rate of growth of 1.6% annually 2014-2019.

## HOUSING

### What does it cost to call Toronto home?

Toronto's housing market is "severely" unaffordable. House prices have tripled since the 1970s, and it is now the 13th least affordable of 86 global cities with populations over 1 million.

**3x more**

- The city is the most expensive place to rent in Canada. An average two-bedroom apartment rents for $1,264. Almost half of Toronto households rent, and 43.5% of renter households spend more than 30% of pre-tax income on rent (considered the cut-off for affordability).
- Close to 80,000 Toronto households are waiting for affordable housing.

## WORK

### What are the workforce trends we should watch?

- Toronto's job numbers are increasing. Overall employment grew 1.5% in 2014 with 20,850 jobs added. But almost 1 in 4 jobs is part-time.

**The youth unemployment rate reached a high of 21.65% in 2014.**

Youth unemployment has hovered near 20% for more than a decade. For recent immigrant youth in the city, the unemployment rate was 24.1% last year.

- Precarious employment is rising. 22.7% of Toronto workers 25-65 yrs. were precariously employed last year, in jobs that are temporary and contract (a 17% increase since 2011).

## GAP BETWEEN RICH AND POOR

### What does Toronto's income inequality look like?

- At 31%, Toronto's household income inequality growth rate over 25 years was more than double the national rate (14%).
- Two working parents with 2 young children need to each earn at least $18.52 per hour just to make ends meet in Toronto. And the number of children living in low-income families increased by over 10,000 between 2010 and 2012 to 29%.
- There were more than 890,000 visits to Toronto food banks.

## SAFETY

### Just how safe is Toronto?

The rate of violent crime declined 1.8% in Toronto (from 1,005 violent crimes per 100,000 persons in 2013 to 987 in 2014).

Incidents of stabbings in the city jumped dramatically in 2014. There were 815 stabbings, a 36% increase from the 599 the previous year.

- The youth crime rate for the Region decreased 44.9% between 2004 and 2013. It stands at 1,496 per 100,000 youths charged; that rate is 48% lower than the national average.

## GETTING AROUND

### How does Toronto's transportation compare?

Traffic in Toronto is the 8th most congested in North America, and 2nd most congested in Canada. The most congested mornings and evenings are on Thursdays. Thursday evening congestion nears 80%.

The Region boasts the 2nd longest round-trip commute – 66 minutes – of any North American city. Only New York City fares worse.

Among 22 Canadian cities, Toronto is the 2nd most walkable, and cycling volumes have tripled on some downtown streets. With new bike lanes installed, Richmond and Adelaide streets average more than 4,200 cyclist trips per weekday.

# L SNAPSHOT
# QUALITY OF LIFE

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## HEALTH AND WELLNESS

### What are our biggest health challenges?

41.6% of us (12 yrs.+) report being at least moderately active during leisure time. However, 50.7% of adults report being overweight or obese, up from 46.2% in 2013.

- Self-reported diabetes rates in Toronto have increased by almost 43% since 2003.
- 7 in 10 Torontonians say they are in very good or excellent mental health, however 22.8% of the population (15 yrs.+) report that most days are "quite a bit" or "extremely" stressful.

## LEADERSHIP, CIVIC ENGAGEMENT AND BELONGING

### Are Torontonians connected, engaged, and represented?

- Almost 7 in 10 Torontonians 12 yrs.+ (68.9%) feel a strong or somewhat strong sense of belonging to their local community, however only 56.6% of millennials (age 20 to 34), say they do.
- Average life satisfaction in Toronto is 7.8 out of 10, placing us last (tied with Vancouver and Windsor) among Canadian cities.

Representation on City Council still does not reflect the diversity of Toronto's population.

Visible minorities make up 49% of Toronto's population, but in both the 2010 and 2014 municipal elections, visible minorities were elected to only 6 of 45 positions.

## ENVIRONMENT

### How is Toronto's urban environment doing?

- Toronto has 445.67 hectares of publicly accessible green spaces per 100,000 people. The amount of airborne particulate matter removed annually by our urban forest is equivalent to the amount released by over 1 million automobiles each year.
- At any one time Toronto has about 3 days' worth of food available. A border closure or key failure in US agriculture would leave our city unable to adequately feed its population.
- Toronto came in at 12th out of 50 global cities on overall sustainability (ranking People, Planet and Profit pillars). On the Planet pillar, we ranked 9th (including energy consumption, recycling, and air and water qualities).

## ARTS AND CULTURE

### How do Torontonians contribute to, and benefit from, the city's exciting cultural and sport scene?

- Arts and culture contributes $11.3 billion annually to Toronto's GDP. The 2014 World Pride Festival directly contributed $313 million to Toronto's GDP.
- Attendance at City-funded or -programmed cultural events reached 19 million last year. And 71% of Torontonians attend a cultural location, or an arts-related event, program or place on a regular basis.
- The Toronto 2015 Pan Am/Parapan Am Games were the largest multi-sport event in Canadian history, with more than 7,000 athletes competing and 20,000 volunteers helping to put it on. Canadian Pan Am and Parapan Am athletes won a combined 385 medals.

## LEARNING

### What trends exist around education in Toronto?

**87%** of Toronto elementary schools had teacher-librarians last year, and 82% had a health and physical education teacher.

- Licensed and regulated childcare spaces in Toronto can accommodate fewer than 20% of our children under 12 yrs. And 1 in 5 of our publicly funded elementary schools have no before- and after-school programs.

- Torontonians possess more higher education degrees per 100,000 population (45,875) than residents of other global cities like Los Angeles (24,100), London (31,698), and Amsterdam (42,030).

## ECONOMIC HEALTH

Toronto's economy continues to grow, though slowly.
**The city's GDP grew by 3.12% in 2014.**

**Construction activity continues to be strong.** Toronto has the most **high- and mid-rise buildings** under construction of any North American city, and is 2nd only to New York City for major buildings under construction.

**The Region smashed 2 tourism records in 2014.** We recorded the highest-ever number of overnight visitors, **14.3 million**, including the highest-ever number of overseas visitors, and hotel room nights sold.

**There were 21% fewer business bankruptcies** in the Region last year (368 vs. 466 in 2013).

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TORONTO'S **VitalSigns®**
2015 Report

# THE GIFT OF STABILITY

## Community-led, privately funded scholarships foster new generation of leaders

Photo Thomas Bollmann

Jason Spanish has a simple dream: sauces. He dreams of sauces.

Spanish is a practical guy. The 21-year-old has just started his first semester in culinary school at Humber College; he already works as a cook at Oliver & Bonacini's Auberge du Pommier and at R & D in Kensington. He's a full-time apprentice, working towards his Red Seal, but he's not fantasizing about owning his own restaurant or running his own kitchen. No, he wants to be the guy doing sauce at R&D. Once he has sauce figured out, he'll work on becoming a sous chef and then upwards from there.

His pragmatism might have hit a typical, early snag: money. The apprentice program covers the cost of his tuition, but culinary school has other, significant expenses. His teachers and co-op advisers at Yorkdale Secondary School urged him to apply for a new scholarship offered by a local philanthropic family. He won, and the $5,000 went to knives, tools, a sharpening set, a pasta roller, uniforms and books.

"I wouldn't have any of this stuff. This scholarship has already given me a big boost in the industry," Spanish says. "It's just helped me so much. I feel very, very blessed for that. It changed my life — I'll say that. If it wasn't for this, I'd probably be struggling. Now when I go to work, I don't really stress. I'm comfortable. That's very important to be successful, and I don't know if I'd feel that same way if I didn't have this."

He's not the only recent high-school grad in Toronto to feel blessed. Spanish was one of nine recipients of $5,000 awards given out to students at Downsview Secondary School, John Polanyi Collegiate and Yorkdale last year. The donor family, who prefer to keep their name private, has committed to providing these scholarships for at least the next 20 years — a whopping $900,000 in funding for graduates from some of Toronto's most high-needs schools.

The family's generosity is already inspiring similar initiatives, some from unlikely sources. Downsview Secondary School teacher Will Wallace was part of that school's scholarship committee, mostly handing out $50 and $100 prizes to graduates. The announcement of three new $5,000 awards at Downsview shook him into action.

"It's incredible what they're doing. That's in a different league from what's available to many, many students. It's huge," says Wallace. "When we [the teachers at Downsview] heard about this, we said, this family has put their money where their mouth is and they acted. If teachers are really interested in making an impact, then we need to act, too."

And so the One City Scholarship Fund was born. The scholarship is open to any graduating student in the Toronto District School Board, but focuses on students coming from neighbourhood improvement areas and graduating from schools high on the TDSB's Learning Opportunities Index — a board-wide tool for determining which schools have students facing the greatest external challenges to education (based on income of the area, the education level of parents, and the number of lone-parent families). In short, it looks for exceptional students from exceptionally difficult situations.

"Some of these students, in spite of everything, have found a way to excel," beams Wallace. "What we're saying is the city needs these kids to succeed. They've figured something out that this city needs. They've been handed a raw deal and they still succeed. We need to support those kids."

While Wallace and the One City Scholarship Fund are motivated by a desire to help kids, they're also looking to rewrite the persistent storyline in Toronto that inequality is an inevitable, structural obstacle and can never be addressed.

"We can change the narrative," Wallace says. "If we are going to be a city that takes the next step into the future, we need to have a more equal city, where opportunity is available to all, where talent is not wasted. We are one city, and we are responsible for each other. We want to support these kids not only because they deserve a fair shake, but also because the city needs them to succeed. They are strong in ways that we don't really understand, and we need to support them for the strength of our city."

The One City Scholarship, currently supported by teachers' fundraising efforts, has reached its modest goal of $5,000. Wallace explains the group hopes to start an endowment at Toronto Foundation to provide eight recipients $10,000 per year for up to four years of post-secondary education, though admits it's unlikely that the first scholarships will be that large.

Whatever the size of the first incarnation, Wallace's passionate message remains clear.

"We need to say to these kids, 'Yes, this is your city. Grab it. Take it. Go with it.'"

## Your City. Your future.

**Do we have a high quality of life here in Toronto? Answer: It depends.**
For some of us, the city is a welcoming and supportive place to live.
For others, life here is challenging. And increasingly, for many of us, the future is very uncertain.

**So what can you do?**
Toronto's Vital Signs Report is a place to start. What it reveals is of interest to all of us as residents and especially, those of us who are looking for opportunities to take part in building a better city.

**If you care about Toronto, consider taking the next step:**

1. Read the full Toronto's Vital Signs Report at **www.torontosvitalsigns.ca**
2. Learn about the charities working on solutions to the issues addressed in Toronto's Vital Signs: **www.ckc.torontofoundation.ca**
3. Explore how philanthropy is working to build a better Toronto: **www.torontofoundation.ca**
4. Follow us on twitter at **@Toronto_Fdn** and our CEO at **@CEO_TorontoFdn** and join the conversation.

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Hands High! Jimmy Fallon launches sportswear line

# Freedom to be your own man

BOOKS

## Father learns from son that expectations can do harm

**Dean Lisk**
Metro | Canada

It wasn't so much a wedge that drove Kevin Newman and his son, Alex, further apart. It was a basketball hoop. Set in concrete in the backyard of their New Jersey home, it became a permanent symbol of how alienated they had become in their relationship.

"To me, it was making sure that the annoying thing that happens with basketball hoops — that wobble — wasn't a problem," remembers the former Global News anchorman.

"But the cement became an allegory to Alex."

Misinterpretations are at the heart of All Out, a new book co-authored by the Newmans about their troubled father-son relationship and how they became closer because of their differences.

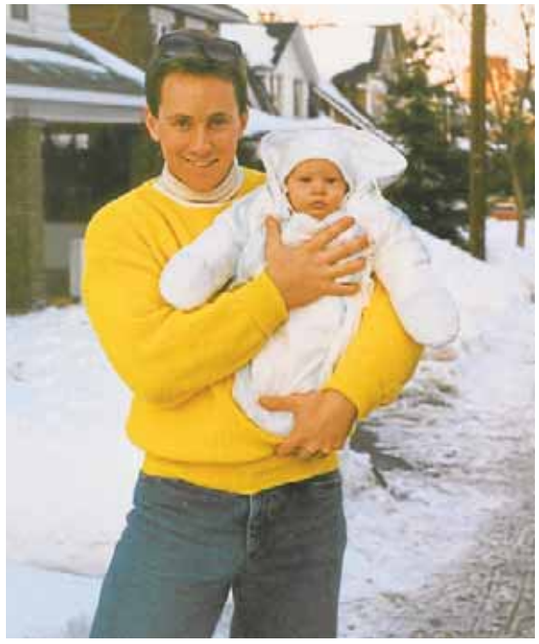
It chronicles the rise of Kevin's news career in Canada and the U.S. while trying to be one of those emotionally present '90s dads. It also tells the story of Alex, now a successful art director in Toronto, but who, as a teen, struggled in isolation with his sexuality while manoeuvring the bullies at school and the expectations of his father at home.

"Fathers and sons are extremely complicated, but they don't really open up about it," said Alex.

"Every relationship is a little bit different, but I think when people read the book they're going to put themselves in our shoes and allow themselves to understand the complexity of that relationship. Because, until now, we haven't come across something that talks about the complexity of this."

It was their editor at Random House Canada, Kate Fillion, who suggested both men write their chapters in isolation to prevent them from influencing each other's memories.

She kept an eye on the storyline, making sure both their recollections intersected, but it wasn't until the book was finished that Alex and Kevin read what the other had written.



**Top left: Kevin holding his newborn son Alex circa 1987 in Ottawa. Bottom: Kevin and Alex at the 1998 shuttle launch at Cape Canaveral. Right: father and son today.** FAMILY PHOTOS CONTRIBUTED; CURRENT PHOTO OF THE NEWMANS BY LIZ BEDDALL

> **I would attempt these things as a kid and fall apart... (Alex) knew himself better at his age than I did when I was his age.**
> Kevin Newman

"My parents were learning things. I was learning things. It was quite emotional," said Alex. He recorded on his phone the moment his parents first read his chapters.

Kevin describes it as a "stunned" moment, when he and his wife Cathy realized the degree of emotional suffering their son experienced. He was being bullied at school and felt isolated, without ever telling his parents.

"There was stuff that happened that we had no idea about," said Kevin.

The book is revealing in other ways. Both men are very much alike. Both grew up around strong female role models, having a preference for the arts instead of sports, and were teased at school for it. Both were also going through an identity crisis at exactly the same time.

The co-host of Good Morning America, Kevin was told he needed to seem more masculine, more likable. He was told his hair needed to be a certain way, his eyelashes were dyed so they would pop beneath his glasses and he was sent to a personal trainer.

He was billed as the "quarterback," tasked with leading the Good Morning America team to first place in the morning news business.

"Network television news tries to push you into conformity and question who you are, and almost tries to create a plastic persona that is recognizable to focus groups, but runs the danger of being unrecognizable to yourself."

At home, the elder Newman was also placing pressure on his son to change his image — and perhaps become someone less a target for bullies. He bought him Sum 41, Dave Matthews Band and Creed CDs to influence his taste in music, took him on father-son bonding trips and installed that basketball net.

"You went through those struggles as a young person and tried to stop me from going through those same situations," Alex said to his dad during our interview. "At the same time, I was stubborn and wanted to alienate myself from those situations."

"He was always a puzzle to me," answered Kevin. "I would attempt these things as a kid and fall apart and beat myself up and hate myself that I wasn't who my father wanted me to be.

"That was not Alex's case. Alex was, 'No, I am fine not being this and back off.' It just turned out he knew himself better at his age than I did when I was his age."

The key to developing a strong and healthy father-son relationship, Kevin said, is to realize your son is also a man.

"When they reach the age of emotional vulnerability, stop trying to be their hero. I think if Alex had known me better — the whole me better — we might not have been through a period of testing for as long as it lasted."

### REAL MEN

**Masculinity exists on a spectrum**

A large theme in All Out is the concept of masculinity and what makes a man a man. Alex writes that as a child he was confused about his own sexuality because the only definition he had for being gay was the effeminate stereotype he saw in popular culture.

"Growing up I didn't have that model to understand masculinity has a range," he said. "Gay people aren't all one certain way or another. That it really is a spectrum. I don't think many kids can understand the complexity of that, and even some adults struggle with it."

"It was the same for me," said Kevin. "When I was in high school I wasn't on the football team, I was on student council. I was a victim of the name-calling that goes on in high school among boys. But the great revelation to me about masculinity is that it has nothing to do with sexuality. That you can be a man's man regardless of sexuality."

# When you're at a place called vertigo

MOVIES

## Here's how to avoid nausea during films like The Walk

Eva Kis
Metro | New York

One of this month's best new movies is also making people sick. The Walk, about French daredevil Philippe Petit's high-wire crossing between the World Trade Center towers in 1974, is proving too intense for some moviegoers.

After a festival screening in New York, men were throwing up in the theatre's bathroom. Another patron, Percival Arguero-Mendoza, told the New York Post, "It felt very real. I felt a knot in my stomach. It's like my head was reeling but I was not dizzy."

There are several reasons that people could be getting sick.

Vertigo is a medical condition that describes a deficiency in the body's motion-sensing system that sends mixed or insufficient signals to the brain, causing dizziness and nausea.

The shots panning up the towers as well as looking down as Joseph Gordon-Levitt walks the wire can trigger the same mismatch in what the eyes see but the body doesn't feel, as happens in motion sickness.

Fear of heights and falling can trigger similar symptoms as well; seeing the film in 3D adds another complication because the eyes' natural focal point is tricked to create the visual effects.

Instead of skipping the movie, try these tips to cope with it:

• Like dancers who have to spin around, it helps to pick a point and focus on it. If you're feeling dizzy, look away from the screen toward an exit sign or the back of another person's head.

• Pick a seat toward the middle or back of the theatre. Having the screen directly in front of you instead of looking up is more comfortable for your eyes.

• If you feel unwell, don't take off your 3D glasses. It'll just confuse your eyes further. Instead, close your eyes and focus on your breath to calm down.

• Get your eyes checked — vision problems like uneven eyesight and astigmatism can make you more likely to get headaches and feel sick during 3D movies.

**People are reporting dizziness and nausea after watching scenes from Joseph Gordon-Levitt's new film The Walk.** CONTRIBUTED

## BOOK BRIEFS

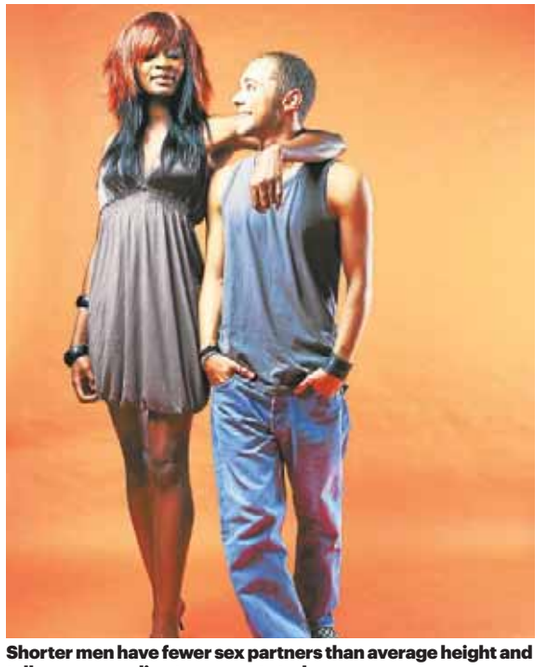
### Giller Prize finalists revealed

The Scotiabank Giller Prize's short list was heralded as "eclectic and vibrant" on Monday as five finalists emerged.

Finalists for the $100,000 prize for fiction included Toronto author Andre Alexis for Fifteen Dogs (Coach House Books); Montreal's Heather O'Neill for the story collection Daydreams of Angels (HarperCollins Publishers Ltd.) and Vancouver-based Anakana Schofield for Martin John (A John Metcalf Book, an imprint of Biblioasis).

The list is rounded out by Montreal's Samuel Archibald for the story collection Arvida, translated by Donald Winkler (Biblioasis), and London-based Rachel Cusk for Outline (Harper Perennial, an imprint of HarperCollins Publishers Ltd).

THE CANADIAN PRESS



**Shorter men have fewer sex partners than average height and tall men, according to a recent study.** ISTOCK

RESEARCH

# Tall men have more sex

Men of average to tall stature have one to three times more sexual partners than smaller men, according to an American study that also found weight to be a factor.

Researchers at Chapman University in California studied whether or not height and body mass index played a role in the number of sexual partners men and women had during the course of their lives.

In a study of 60,058 heterosexual volunteers, of which 52 per cent were male and 48 per cent female and average age was 37, the researchers took into account criteria for height, education level, age and BMI as key indicators in the personal sexual history of each participant.

The results, published Sept. 30 in the journal of Evolutionary Psychology, indicated that participants aged 30 to 44 had, on average, eight partners since being sexually active. Of the participants, 58 per cent of men and 56 per cent of women indicated having had more than five whereas 29 per cent of men and 23 per cent of women indicated having more than 14 partners.

Shorter men reported a minimum of five sexual partners. In contrast, medium-height to tall men declared one to three times more partners than their shorter counterparts.

> **These findings confirm that height is relevant on the mating market.**
>
> Study lead author
> Dr. David Frederick

"These findings confirm that height is relevant on the mating market," said David Frederick, lead author on the study.

Despite this, the researcher has no clear scientific explanation to explain the link, if not for the observation that women are often attracted to men who are relatively taller than they are.

Regarding weight, the researchers noticed that men who find themselves in the middle of the BMI scale have the most sexual partners.

Normal-weight and overweight participants reported a higher number of partners than those with a low BMI.

Men with larger frames, who are perceived as more powerful and generally more athletic, report more sexual partners than other men, according to Dr. Frederick.

AFP

# Brain freeze: What's next?

MORTALITY

## Advocates say cryonics may one day deliver life after death

When it comes to death, there's traditionally been two forms of eternal rest: going into a coffin or ending up as ashes inside an urn.

But some are embracing a third way — having their body or brain frozen in liquid nitrogen in the hope of some day being brought back to life, with memories, personality and sense of self intact.

"I believe that my identity is stored inside my physical brain," says Carrie Wong, president of the Lifespan Society of British Columbia, an advocacy group that works to promote and protect access to cryonic preservation.

"So if I can somehow preserve that, maybe at a future time technology and medical science will advance to such a point that it may be possible to repair the damage of freezing me in the first place and also what killed me back then," says the 27-year-old, who concedes such a feat could be hundreds of years in the future.

"It's not possible now, but nobody can really argue it's not possible in the future because that's arguing about what future technology is capable of."

The notion that a person could be frozen and later be "re-animated" was initially posited in the 1964 book The Prospect of Immortality by American physics teacher and sci-fi writer Robert Ettinger.

The first person to be cryonically preserved was Dr. James Bedford, a 73-year-old California psychology professor, whose body was suspended in liquid nitrogen in 1967 at Alcor Life Extension Foundation in Scottsdale, Ariz.

Alcor's most famous "patient," as they're called, is Red Sox baseball legend Ted Williams, whose head was detached from his body and cryopreserved after the slugger's death at 83 in 2002.

After a person is declared legally dead, the body is cooled in an ice bath and hooked up to a machine to artificially restore blood circulation and breathing, and infused with blood thinners and other medications to protect the brain from lack of oxygen.

Blood and other fluids are later drained from the body and replaced with a cocktail of cryoprotectant chemicals. These antifreeze-like agents are intended to prevent the formation of damaging ice crystals in cells, in a process known as vitrification.

The body is then further cooled before being suspended in a tank of liquid nitrogen at a bone-chilling -196 C.

The Cryonics Institute, a non-profit organization founded in 1976 by Ettinger, operates a preservation facility near Detroit, where about 100 pets and 135 humans are suspended in tanks called cryostats.

"The actual cryostats are just giant Thermos bottles with liquid nitrogen — there's no electricity to fail," says president Dennis Kowalski, a 47-year-old Milwaukee firefighter and paramedic who became interested in cryonics in his 20s after reading K. Eric Drexler's 1986 book The Engines of Creation, about the coming era of nanotechnology.

About 1,250 people, including a number of Canadians, are signed up for CI's service. Membership costs $28,000 US, which is typically paid for through life-insurance policies.

While acknowledging that he and others who intend to be frozen are often "looked at as a bunch of kooks," Kowalski views cryonics as being like a clinical experiment — and one that beats the alternative.

"I'll be the first to admit it may not work. And everyone who's signed up should understand cryonics may not work and there are no guarantees," he said.

"We place emphasis on the importance of the brain because even under today's crude technology, you probably could clone a human being and replace every single part," suggests Kowalski.

"But one thing you can't replace is your mind — which is you — and your mind is somehow encoded in that brain, and that's what we hope to principally save." THE CANADIAN PRESS

**It's not possible now, but nobody can really argue it's not possible in the future.**

Carrie Wong, president of the Lifespan Society of British Columbia

**About 100 pets and 135 humans are suspended in tanks at the Cryonics Institute.** THE CANADIAN PRESS/ HO-CRYONICS INSTITUTE

### THE FACTS ON CRYONICS

Cryonics is the process of freezing the body after death in the hope that scientific advances will allow a person to be "re-animated" in the future:

- **How it's done:** After a person is declared legally dead, the body is cooled in an ice bath, blood and other fluids are drained and replaced with antifreeze-like agents. The body is then suspended in a tank of liquid nitrogen at -196 degrees C.
- **How much it costs:** The Alcor Life Extension Foundation will preserve the head and brain for $80,000 US. Whole-body preservation costs $200,000 US.
- **Where the science is:** It's not clear if current cryo techniques will allow a person to be brought back to life. Even cryonicists admit it could take many decades to master, if it is possible at all.

THE CANADIAN PRESS


# Public Meetings On Accessibility

Metrolinx, an agency of the Province of Ontario, is helping to transform the way the region moves by championing and delivering mobility solutions for the Greater Toronto and Hamilton Area (GTHA).

You are invited to share your ideas on how Metrolinx and its operating divisions – GO Transit, PRESTO and Union Pearson Express can make it easier for people with disabilities to travel around our region.

Metrolinx invites you to attend a public information meeting and participate in roundtable discussions.

**TORONTO**

Date: Tuesday, October 20, 2015
Time: 6:30 p.m. – 9:00 p.m.
Location: Metro Hall, Rooms 308 and 309 (third floor)
55 John Street, Toronto, ON M5V 3C6

**Closest GO Transit station:**
Union Station – Train or Union Station Bus Terminal
For local transit schedule information, visit TTC's website at **ttc.ca.**

**HAMILTON**

Date: Tuesday, October 27, 2015
Time: 6:30 p.m. – 9:30 p.m.
Location: Sheraton Hamilton Hotel, South-West-Central Ballrooms (second floor)
116 King Street West, Hamilton, ON L8P 4V3

**Closest GO Transit station:** Hamilton GO Centre
For local transit schedule information, visit Hamilton's Street Railway website at **www.hamilton.ca/hsr-bus-schedules-fares.**

**WHITBY**

Date: Wednesday, November 4, 2015
Time: 6:30 p.m. – 9:00 p.m.
Location: Abilities Centre, Theatre/ Multi-Purpose Room (second floor)
55 Gordon Street
Whitby, ON L1N 0J2

**Closest GO Transit station:**
Whitby GO Station
For local transit schedule information, visit Durham Region Transit's website at **durhamregiontransit.com.**

**TELECONFERENCE**

Date: Wednesday, November 18, 2015
Time: 6:30 p.m. – 8:00 p.m.

*RSVP is required for this meeting.*

Toll-free teleconference details will be provided to registrants.

If you are interested in attending a meeting, please fill out the registration form on our website at **metrolinx.com/accessibility.** If you cannot attend, but have suggestions to contribute, please submit them to the website as well.

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ISTOCK

# Addicted to exercise

MENTAL HEALTH

## Extreme workouts may signal bigger problems

Jenn Hicks was lying to her husband.

It would happen fairly often: Hicks would wake up in the middle of the night and tell Paul she couldn't sleep, that she needed to read for a while at an all-night coffee shop near the couple's home.

Then she'd slip away into the night.

But Hicks wasn't going to a coffee shop or having an affair. Instead, the Toronto speech-language pathologist was feeding her constant craving for exercise.

Running. Cycling. Weightlifting. Anything, Hicks says, to satisfy her growing addiction.

**Jenn Hicks at the height of her exercise addiction, and today, teaching Nia dance.** CONTRIBUTED/ VINCE TALOTTA/TORSTAR NEWS SERVICE

"I would do it in the middle of the night," says Hicks, now 42. "Definitely before work, at lunch, after work, and it would be the entire evening."

Back in 2003, Hicks first developed an addiction to exercise — a compulsion that, while not a formal clinical diagnosis, is definitely recognized by members of the medical community. It can happen on its own, or alongside an eating disorder or mental illness, experts say.

For Hicks, there was no clear trigger. She was 30 at the time and had been working in speech-language pathology for five years.

But she was dealing with anxiety, she says, and began exercising more often — which caused her to lose weight "magically."

"It was positive reinforcement that I should just continue, until it got to the point where I wasn't thinking realistically," Hicks says.

Over the next few years, Hicks joined numerous sports teams and started dragonboating. She'd tell Paul she was doing laundry in the basement — and would be doing ab exercises instead. If friends wanted to get together, she'd insist on exercising with them. While pushing her 5'5" frame to its limits, Hicks also wasn't eating properly — she'd been diagnosed with anorexia in 2003 — and eventually dropped to less than 100 pounds.

Other health impacts started to creep up, too. Hicks' doctor sent her for echocardiograms — sonograms of her heart — because it wasn't functioning properly. At the same time, she recalls her electrolytes and liver enzymes being "out of whack."

Hicks resolved to get better. She'd been seeing her family doctor and a therapist the whole time — and attending support groups at Sheena's Place, an eating disorders centre in Toronto — but says it was something she had to overcome on her own.

So, at the end of the year, Hicks sold her car and travelled to India. Paul came with her for four weeks, then she stayed for another month on her own — a much-needed escape.

When she returned to Toronto, Hicks was finally diagnosed with bipolar disorder. She also began training as a dance teacher in the Nia style, which focuses on sensing and respecting your body. At first, Hicks says it was a covert way for her to maintain her addiction in a seemingly healthy way.

"The universe had something else in store for me," she adds. "I guess I had to practise what I was preaching." TORSTAR NEWS SERVICE

### WARNING SIGNS

Answer true or false on whether the following are signs of fitness addiction:

**Body weight drops below what's considered healthy for fitness level.**
True. Everyone's calorie baseline differs, but if you're not consuming enough or if you're over-exercising, your body starts to break down muscle.

**Someone can't stop exercising, even after injury.** True. Whether it's a formal diagnosis or just a pulled muscle at home, continuing to exercise in the face of an injury isn't healthy.

**Someone training heavily for an upcoming marathon or competition.**
False. Experts say exercise addiction typically doesn't apply to people training for sporting events, like marathons or the Olympics.

**Someone is skipping work or social events to exercise.**
True. People with exercise addiction often put fitness above family, friends and their career — to the point of missing obligations.

**TRUE OR FALSE?** Someone who can't stop exercising, even after being injured, may be addicted.

**Someone is being open and honest about their exercise plans.**
False. The real red flag, according to experts, is when people are lying to family and friends about how much they're exercising.

ASK THE EXPERTS

# 'It's an attempt to become healthy': Psychiatrist

Exercise addiction isn't a formal diagnosis, but it is something medical experts say that they are witnessing.

To understand how it works, we talked to Dr. Valerie Taylor, psychiatrist-in-chief at Women's College Hospital, and kinesiologist Wendy Lee, a physical health instructor at Bellwood Health Services, an addiction treatment centre that's part of the Edgewood Health Network.

**How does someone become addicted to working out?**
VT: Often it comes from the best possible place: It's an attempt to become healthy. People get a lot of positive feedback from the fact that they're starting to lose weight, and they become obsessed with that, and fearful of gaining weight — and they become addicted. There's a high or euphoria from exercise.
WL: I tend to group exercise addiction the same way as gambling or sex addiction. These are behaviours people start at a regular rate — like gambling once a month, for instance — then they start getting out of control, and can't stop.

**What does it look like?**
VT: Suddenly, they're not doing other things they should be doing, like attending classes or being productive at work. They're missing social engagements and obligations, and they're physically exhausted and unable to focus at work. Or they continue to exercise despite the fact that it's unhealthy for them — like if they're injured themselves and still can't take a break.

**Is it easy to diagnose?**
VT: Doctors pick it up as a consequence of the issues that stem from it, like losing weight. There's no such thing as a psychiatric diagnosis of over-exercising. That is not a known illness. The only time it becomes a psychiatric diagnosis is when it's part of anorexia nervosa, but there are clearly people who over-exercise, and it becomes problematic.

**How can someone recover from an exercise addiction?**
VT: There's no standard treatment. Different stress reduction therapies can help people reduce their reliance on exercise; it's definitely case by case.
WL: When we help people here, they're getting cognitive behaviour therapy or one-on-one work with a therapist. I've seen people really improve, to the point where they're still exercising but they're enjoying it more and doing it in a group setting.
TORSTAR NEWS SERVICE

# Prunes could lower cancer risk: Study

COLON CANCER

## Dried fruit helped body retain beneficial bacteria in gut

**Plums and prunes have antioxidant properties.** AFP

A diet rich in dried plums could reduce the risk of colon cancer, according to a recent American study presented in Boston during the 2015 Experimental Biology conference. The fruit promotes the retention of beneficial bacteria for the colon.

Researchers from the Texas A&M University and the University of North Carolina based their study on pre-existing research that demonstrated how one's diet can modify the metabolism and the microbiota composition of the colon (the bacteria present throughout the colon and digestive tract). According to Dr. Nancy Turner, among the trillions of gastrointestinal bacteria present in the digestive tract, more than 400 individual species have already been identified.

Previous studies have shown that disruptions to gut bacteria are involved in the start of intestinal inflammation as well as recurring inflammatory bouts that can lead to the development of colon cancer.

"Our research explored the potential cancer-protective properties of dried plums using a well-established rat model of colon cancer," explains Dr. Turner.

The experiment tested the hypothesis that the consumption of dried plums would promote retention of beneficial microbiota and patterns of microbial metabolism throughout the colon. Researchers fed the rats either a diet that included dried plums or a control diet.

After having examined the intestinal contents and different segments of colon tissue, the researchers found that a diet of dried plums had increased the quantity of Bacteroidetes and reduced the amount of Firmicutes, two major kinds of intestinal bacteria found in the distal colon. In addition, the researchers noted that rats that had consumed dried plums also presented significantly reduced numbers of aberrant crypts, generally observed in precancerous lesions. AFP

## Rose Reisman EAT THIS

**You know you're going to eat fast, so next time choose this not that**

### THIS WEEK: Chipotle

The well-known Mexican grill is changing the face of fast food. With a focus on better farming methods, their mission statement is "Food with Integrity." Chipotle uses a substantial amount of organic ingredients, serves more responsibly raised meat than other restaurant chains and is now GMO-free. But ordering healthy meals can be a challenge. Many items are filled with an obscene amount of calories, fat and sodium, leading to weight gain and other health issues. But you can have your Tex-Mex and eat it, too! Look at these two different meals. What a difference a few ingredients can mean!

**PICK THIS**

### Chicken bowl

**Ingredients**
Chicken, brown rice, black beans, fajita vegetables, tomato salsa and cheese

**Calories** 650
**Fat** 21 grams
**Saturated fats** 9 grams
**Sodium** 1335 milligrams

**SKIP THIS**

### Steak burrito

**Ingredients**
Tortilla, steak, white rice, black beans, fajita vegetables, corn salsa, sour cream, cheese and guacamole

**Calories** 1365
**Fat** 63 grams
**Saturated fats** 19 grams
**Sodium** 2680 milligrams

**HERE'S WHY**

**Almost as much sodium as three cans of Pringles!**

If you indulge in the steak burrito, you're having half your daily calories and all your saturated fat and sodium. The tortilla is the main culprit here, having 300 calories and 700 mg of sodium! By serving this in a bowl, and cutting out the sour cream and guacamole, you're saving half the calories and sodium and 40 gm of fat. **If you did this once a week for a year you'd lose 10 lbs!** Olé!

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# A daily grind that keeps Canada alive

NEW SERIES

## Show is a candid look at health care system over 24 hours

Brian Gasparek
For Metro Canada

On Sunday night, CBC premiered its ambitious new medical series Keeping Canada Alive. The six-part reality show, voiced by Kiefer Sutherland, gives viewers a candid look at what a day in the life of Canada's in demand health care system is like. The series focuses on the intimate stories of several Canadian health care workers and their patients who are undergoing life saving procedures or learning to cope with life-changing ailments. Each episode plays out as a raw, real-life medical drama.

The series shares footage from a variety of health and home care facilities across 24 Canadian cities, shot simultaneously on 60 cameras in a 24-hour period.

"(The state of health care) is something we can all relate to," says Keeping Canada Alive creative producer Dianna Bodnar. "No matter who you are, no matter where you live, it's something that affects us all. How it functions is hugely important to us."

**Keeping Canada Alive gives an in-depth look at the professionals and patients who use our health care system every day.** CONTRIBUTED CBC

Bodnar explains that the show's epic shooting style was intended to not only be unique, but to create awareness about the intensity of which our health care system operates on a daily basis. "We thought it was a great way to capture people's imagination and also get across that there are all of these stories, and thousands more happening just on a single day. Now multiply that by 365 and you get a really visceral sense that, wow, there is a lot of health care going on every day, every minute, all across Canada."

The series' 278-person crew made an effort to showcase how Canada's busy health care system functions across every inch of our country. "We wanted to cover a really good, diverse array of people from different cultural backgrounds," says Bodnar. "We wanted balanced, diverse geographical locations in Canada. And we wanted to try to cover some of the major health issues that many people experience and also ones they don't know about."

Viewers are introduced to patients that are undergoing everything from heart transplants to neurosurgery, or who are learning to cope with trying ailments such as MS or mental illness with the help of a variety of practitioners. "What blew us all away was the generosity of the people that appeared in the series. The patients of course, and all of the health-care professionals. They were very generous with their time and (sharing) some very vulnerable moments."

Bodnar is hoping that the series will make an impact on Canadian viewers and how we approach shaping the future of our health-care system. "The people in these stories are so compelling and so emotional. I hope these stories will make people feel and think about what kind of health care they want for themselves and their loved ones, and for Canadians ... for us all. And to really inspire a national conversation about that..."

Bodnar hopes the series will especially have an impact on our nation's youth and their awareness of health care.

"That generation thinks they're invincible. It's a quality of being young. We have so many stories about young people. ... The 14-year-old girl dealing with her burn scars or the 28-year-old guy who's playing hockey one minute, and the next minute he's paralyzed and trying to defy the odds by learning how to walk and feed himself again. These things happen to us when we least expect it.

"It's important for young people to be aware, because like it or not, they're inheriting a big ball of wax in terms of a really complex issue. We have declining resources and they're going to have to be in the position to inherit that and make some hard decisions with the resources we have."

### WATCH IT

- Keeping Canada Alive airs Sundays at 9 p.m. on CBC.
- For more information on the show, past episodes and 40 hours of extended footage, visit: cbc.ca/keepingcanadaalive

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The Cubs' Kris Bryant has the most popular jersey among big leaguers this season

# Bringer of Rain seeks a brighter playoff result

BLUE JAYS

## Donaldson still burning from A's loss in wild-card game

Last year's American League play-in game was exactly what former Major League Baseball commissioner Bud Selig had in mind when he added the second wild-card spot in 2012. Game 7 suspense right off the hop. The firecracker joy of winning a second life. The long anguish of a season extinguished.

For the Kansas City Royals and their fans — whose own playoff drought was eight years longer than the Blue Jays — it was an epic comeback and a franchise-altering victory.

But for the Oakland A's, the loser of that 12-inning hair-raiser, it was an equally epic collapse. They had led by four runs in the eighth inning and by one in the 12th. The clubs have gone in opposite directions since.

Josh Donaldson, now the Blue Jays' third baseman, was manning the hot corner for Oakland on that wild night in Kansas City. The Royals' game-tying and game-winning runs were scored on balls hit in his direction — a high, infield chopper he tried to barehand and a hard grounder down the third-base line that he dove for and missed by centimetres. They weren't mistakes; just balls he couldn't get to.

But the loss stuck with Donaldson all off-season, even after he was traded to the Jays in November.

"It was bad," he said. "We were one of the best teams in baseball last year and then all of a sudden we went to one game and we were leading by four runs — I can't tell you the last time we gave up a four-run lead over there and we did — and we lost. It wasn't a good feeling."

> **"Our offence is definitely intimidating to other pitchers. It's not really anything that's surprising to me or guys in this clubhouse.**
> Josh Donaldson

When did the loss stop bothering him? "It hasn't," he said.

Known for his ever-burning intensity, Donaldson has been a constant force for the Jays all season, putting together arguably the most impressive single season in franchise history while consistently coming through in the big moments. He led the majors in runs (122) and the American League in RBIs (123) and extra-base hits (84), and was near the top of just about every offensive category, while also playing exceptional defence. He is the front-runner to win the AL MVP award and would be the first player in more than 30 years to win the honour following an off-season trade.

**Josh Donaldson has been a constant force for the Blue Jays since the team acquired him in a trade that saw Brett Lawrie, among other players, moved to the A's.** TOM SZCZERBOWSKI/GETTY IMAGES

While much of the focus on the Jays' historically good second half has been on the transformative trades at the deadline — for left-hander David Price and shortstop Troy Tulowitzki, namely — the trade for Donaldson was bigger. It's hard to imagine where the Jays would be without him.

No American League player has contributed more to his team's wins, according to Win Probability Added, a stat that contextualizes a player's contributions by giving more credit to game-changing plays.

But Donaldson doesn't want to talk about his MVP chances or his individual season or where his year ranks among all-time Jays. "I don't think about that. I think about helping my team win," he said. "That's what's got me to this point today, so I'm not going to change that. In the off-season, that's when you think about this kind of stuff."

TORSTAR NEWS SERVICE

## ROSTER CUTS

At least 21 of the 25 roster spots are accounted for among the starting rotation, bullpen, lineup and key contributors off the bench. Before Game 1 of the ALDS against the Texas Rangers, the Blue Jays have to finalize the last few and beyond that decide on their order of pitchers.

General manager Alex Anthopoulos said the Blue Jays would likely go with a seven-man bullpen, which, with a four-man rotation, gives them 14 hitters. Assuming utility infielder Cliff Pennington makes it because of his versatility in the field and as a switch-hitter, that leaves two more spots that could be open for the likes of outfielders Ezequiel Carrera and Dalton Pompey, and infielders Munenori Kawasaki and Matt Hague.

The final job in the bullpen appears to be between righty Ryan Tepera and lefty Aaron Loup, though starter Drew Hutchison might have a chance as a long reliever.

THE CANADIAN PRESS

## 2.79M

**The Blue Jays drew 2.79 million fans at the Rogers Centre this year, good for fourth in the AL and eighth in the majors, and averaged 34,504 fans a game. The Jays, however, along with the Royals were the lowest road draws in the majors in 2015.**

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399 The West Mall

**Saturday, October 24, 10:00 a.m. to 2:00 p.m.**
Scarborough Civic Centre, 150 Borough Drive

**Thursday, November 5, 1:00 p.m. to 5:00 p.m.**
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# 5 PLAYOFF PLOT LINES TO WATCH

Big stars, familiar faces and top rookies fill the rosters of the 10 teams that reached the post-season. Here are some of the themes for October and beyond:

## 1 Still waitin' for a clutch Clayton

Clayton Kershaw
GETTY IMAGES

Clayton Kershaw has been the game's best pitcher in recent regular seasons, but has struggled mightily thereafter. The Dodgers ace is 1-5 with a 5.12 ERA in 11 career playoff appearances (three in relief). The three-time Cy Young winner faces the Mets in the NL Division Series, a team against whom he posted an 0.56 ERA in two starts this season.

## 2 Stingy NL

Gerrit Cole
GETTY IMAGES

Runs will be at a premium in the National League. The Cubs' Jake Arrieta (22-6, 1.77 ERA) will face the Pirates' Gerrit Cole (19-8, 2.60) in the wild-card game, one of the most anticipated matchups in recent history.

After that, the Mets will take on the Dodgers in a series featuring Jacob deGrom (14-8, 2.54), Noah Syndergaard (9-7, 3.24) and Matt Harvey (13-8, 2.71) for New York and Clayton Kershaw (16-7, 2.13, 301 strikeouts) and Zack Greinke (19-3, 1.66) for L.A. The Cardinals had four pitchers make at least 20 starts this year with ERA's of 3.03 or lower.

GETTY IMAGES

## 3 Another shot for the North Side

**Could this be the year the century-plus title drought ends on the North Side of Chicago? The Cubs last won the World Series in 1908 and they haven't reached the World Series since 1945, two years before baseball's championship was televised for the first time. But with Kris Bryant and Jake Arrieta, hopes are high at Wrigley Field.**

## 4 New faces of fall

Jose Bautista is a home run champ, Jose Altuve is a hit machine and Jake Arrieta is the top winner in the majors. They'll put something else on their resumés this week — their first post-season appearances. Altuve and Astros rookie teammate Carlos Correa, Arrieta and Cubs sluggers Anthony Rizzo and Kris Bryant, young Mets aces Matt Harvey, Jacob deGrom and Noah Syndergaard, Yankees star Masahiro Tanaka and Dodgers newcomer Corey Seager are set to make their playoff debuts.

**Jose Altuve** GETTY IMAGES

## 5 Tale of two A-Rods

Written off by many during his one-season drug suspension, Alex Rodriguez returned this year and carried the Yankees early. He hit .250 with 33 homers and 86 RBIs as New York's DH. He reached 3,000 hits and settled a dispute with the team over a multimillion payment.

But around the time he turned 40 in late July he tailed off badly hitting .216 after the All-Star break and driving in just three runs in his final 18 games.

**Alex Rodriguez**
GETTY IMAGES

**The Associated Press**

# Robidas to serve as reserve

NHL

## Defenceman is injured and will likely not make roster

It appears Stephane Robidas will not be part of the Toronto Maple Leafs' immediate plans.

The Maple Leafs need to make one more move to get down to a 23-player active roster by Tuesday's deadline, and it's believed that the veteran defenceman will be placed on injured reserve to make the roster legal.

Robidas was not at practice on Monday morning, as he's dealing with multiple ailments, according to head coach Mike Babcock.

"His knee has been sore all camp; it's affecting his groin now," Babcock said. "We've known that he's been hurting, and obviously it got to a point.... Sometimes that's the way it is with injuries.

"He had an off day yesterday, came in today and he did what he's supposed to do to try to get ready to go and he was unable to go."

**Stephane Robidas** GETTY IMAGES

The 38-year-old, who is set to enter the second season of his three-year, $9-million US contract, played in three pre-season games registering one assist.

Robidas most recently played 18 minutes 30 seconds in Friday's 4-2 pre-season loss to the Detroit Red Wings.

While questions remain on the blue line, Babcock knows how his goaltenders will share the net for the first week of the season.

Jonathan Bernier will start both Wednesday's season-opener against the Montreal Canadiens and Friday's game in Detroit, while James Reimer will get the start in the second half of the back-to-back on Saturday night when Toronto plays host to the Ottawa Senators. THE CANADIAN PRESS

## IN BRIEF

**Torres' head shots earn him 41-game suspension**

The NHL handed out one of its longest suspensions for on-ice conduct in league history by banning San Jose Sharks forward Raffi Torres 41 games for an illegal hit to the head of Anaheim Ducks forward Jakob Silfverberg.

Torres is one of the worst head-shot offenders in recent years, since the Department of Player Safety began cracking down on them.

It's the fifth suspension for Torres in 703 games. THE CANADIAN PRESS

**UFC announces three Canada events for 2016**

Canadian fight fans can expect three UFC shows north of the border next year.

Tom Wright, managing director for UFC operations in Canada, Australia and New Zealand, says while the 2016 Canada schedule is still being worked, Toronto and Calgary are at the top of the list, with another visit to Atlantic Canada possible.

"We're looking at three events in Canada and two in Australia and New Zealand," said Wright. THE CANADIAN PRESS


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## RECIPE Salmon Parcels

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

Dinner's all wrapped up with these healthy fish and veggie parcels.

**Ready in**
Prep time: 25 minutes
**Serves 2**

**Ingredients**
- 1 Tbsp sesame oil
- 1 Tbsp rice vinegar
- 1 tsp low sodium soy sauce
- 1 tsp ginger, minced
- 1/2 carrot, cut into matchsticks
- 1 red or yellow pepper, cut into matchsticks
- 1 baby bok choy, white part cut into matchsticks, green part cut into ribbons
- 2 salmon filets
- Parchment paper

**Directions**
**1.** Preheat oven to 400 degrees.
**2.** Whisk together the sauce of oil, vinegar, soy sauce and minced ginger. Toss your veggies in the sauce.
**3.** Cut your parchment into two 12-inch by 18-inch squares. Cut the largest heart shapes you can within the squares. Fold it in half down the middle and make a crease.
**4.** Working on your bake sheet, place the parchment down and put half of your veggies down on one half of the heart. Then place one piece of fish on top of the veggie bed. Now fold the heart closed and fold and pleat the edges until it is sealed. There will be a little bit at the end that you'll have to tuck under. Repeat with your other parchment heart.
**5.** Bake in the oven for 15 minutes. Remove and slip the parcels right onto a plate and slice open with scissors. Careful! Steam will come out fast so make a small cut first to allow a bit to escape before cutting more.

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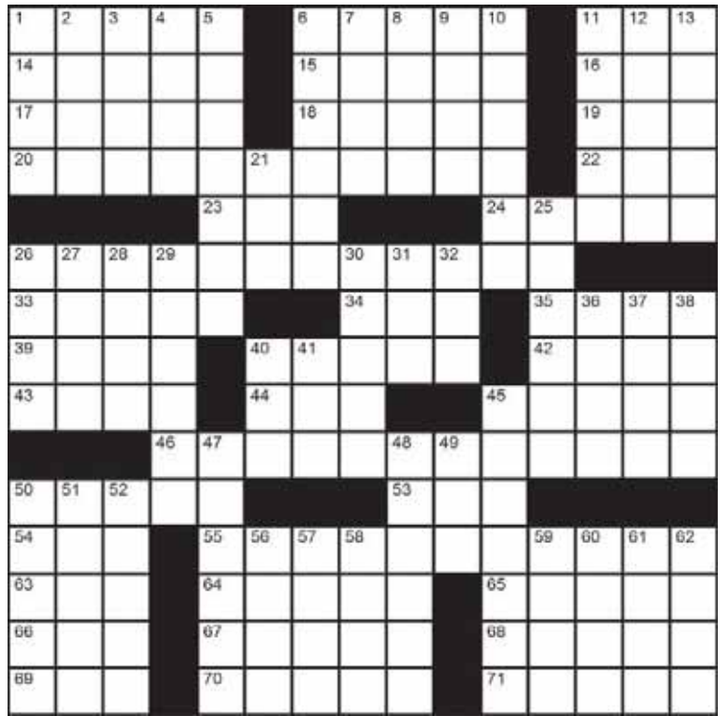
## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. 'Court and _': 1974 Joni Mitchell album
6. Makes spiffy
11. 'Ideal' suffix
14. __ of Troy
15. Mann or Osbourne
16. Schuss
17. Lyre-playing Muse
18. Symbols
19. Perfect rating
20. Tied tie type named for British royalty: 2 wds.
22. Tell a tale
23. Old French coin
24. Make corrections
26. Bountiful symbol especially at Thanksgiving: 3 wds.
33. S-shaped mouldings
34. "It's _ _." (Greenlight giver's verdict)
35. Beseeched
39. Stick in one's _ (Rankle)
40. Was wearing: 2 wds.
42. _-Seltzer
43. Military cap
44. __-defined
45. MC Hammer hit: "_ _ Touch This"
46. Old fashioned looking door unlockers: 2 wds.
50. Leading letter
53. 1914 to 1918
54. Caustic stuff
55. 1992 Neil Young album: 2 wds.
63. _ _ pedestal
64. "What's the _ _ trying?" (Why bother?)
65. "I was _ _ man in Paris..." - Joni Mitchell
66. U.S. broadcasting watchdog
67. Engage in henpecking: 2 wds.
68. Ms. O'Donnell
69. Tea: French
70. Capably
71. Whimsically funny

**DOWN**
1. Ed Sullivan's pronunciation of the 'really big' one he hosted
2. Ms. Gilpin
3. Mr. Alda
4. Taken back [abbr.]
5. Minoan civilization's ancient city
6. Get into groups of two: 2 wds.
7. Humphrey's role in "Casablanca"
8. Bit of "Burning Up" by Madonna: "...'cause _ _ fire..."
9. Rock Hudson/Doris Day movie, "Send _ _ Flowers" (1964)
10. Group of six
11. Basket fibre
12. Coil of yarn
13. Extracted the ore
21. Punched cartoon character's reaction!
25. Canadian show, "Wind at _ _"
26. Farm animal joint
27. Fiend
28. Gather the crops
29. Sort of recent
30. Gravy boat accessory
31. Self-importance
32. Rimouski refusal
36. Wings, to Nero
37. Lettered fashion label
38. Gobbles the Tofurky
40. "Giddy up!"
41. Totally
45. Dancer's rehearsal outfit
47. Big _ (Very important person)
48. Canadian bank note with Queen Elizabeth's image
49. Cringer's cries!
50. Airborne
51. Movies: David or Kelly
52. Harmony
56. CEO's "Quick!"
57. Mil. unit
58. Test tube's pal
59. "Dial _ __ Murder" (1954)
60. "..._ _ it seems." (It appears that way)
61. Trompe l'_ (Visual illusion)
62. American portrait artist, Alice __ (b.1900 - d.1984)

## IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
A relationship issue needs dealing with right now. If you leave it even one more day you will find that the window of opportunity will shut for good. If the relationship means anything to you then save it!

**Taurus** April 21 - May 21
You don't care if what you say offends other people, in fact you like it. Choose your words for maximum impact today — it is the price they pay for avoiding the truth for so long.

**Gemini** May 22 - June 21
Don't worry about money matters today because there is nothing you can do about them. Instead, visualize your perfect situation. What you imagine today will happen tomorrow.

**Cancer** June 22 - July 23
There is no point trying to force other people to see things your way. Whatever you suggest they will do the opposite. You could bluff them but, seriously, is it worth the effort?

**Leo** July 24 - Aug. 23
Try not to panic, especially if your workload is getting too much for you. Today's Sun-Pluto link tends to make you look on the dark side of every situation. Lighten up, nothing bad is going to happen.

**Virgo** Aug. 24 - Sept. 23
Show others what you can do but don't for a moment think that you are in some way obligated to perform for their delight. If anything they should be putting on a show for you.

**Libra** Sept. 24 - Oct. 23
Don't go too far today because your efforts to make a name for yourself could cause problems. You don't have to keep a low profile but you do have to do everything by the book.

**Scorpio** Oct. 24 - Nov. 22
You will be able to predict what others are going to do before they know it themselves. You can and you must make use of that ability.

**Sagittarius** Nov. 23 - Dec. 21
Your confidence may be a bit low at the moment but that does not mean you should withdraw from the world. On the contrary, you need to get yourself back into the fray and show those who doubt you that you never give in.

**Capricorn** Dec. 22 - Jan. 20
Be on your guard if someone promises you something for nothing today. The planets warn that their generosity is not all it seems. You will be expected to do something for them in return — and it could cost you.

**Aquarius** Jan. 21 - Feb. 19
The harder you work the more there seems still to be done. Slow down a bit. Whatever deadlines you are working under are unnecessary and should be ignored.

**Pisces** Feb. 20 - March 20
Don't worry too much about the details of what you are doing. Commit yourself to it and have confidence that it will come right in the end. Just don't lose sight of the big picture.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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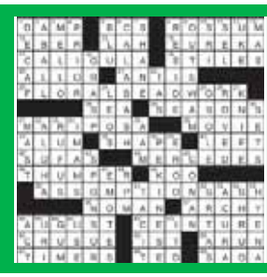

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